

Fall/Winter 2023	Week 1	Week 2	Week 3	Week 4
	<b>Breakfast</b>			
<b>Monday</b>	Waffles, Strawberry Yogurt, Peaches, Milk	French Toast Sticks, Turkey Bacon, Bananas & Milk	Brown Sugar & Cinnamon Oatmeal, Blueberries, Milk	French Toast w syrup, Pineapple Tibits, Milk
<b>Tuesday</b>	Whole Grain Cereal, Fresh Orange Slices, Milk	Whole Grain Cereal, Pineapple, Milk	Whole Grain Cereal, Mixed Fruit, Milk	Whole Grain Cereal, Applesauce, Milk
<b>Wednesday</b>	Bacon Scrambler, Toast, Pears, Milk	English Muffins w/ Jelly, Mandarin Oranges, Milk	Biscuits & Sausage Gravy, Peaches, Milk	Hashbrown & Egg Casserole, Peaches, Milk
<b>Thursday</b>	Chocolate Chip Pancakes, Sausage Links, Applesauce, Milk	Apple Cinnamon Muffins, Vanilla Greek Yougut, Pears, Milk	Cheesy Egg Scramble, Toast, Mango, Milk	Pumpkin Muffins, Vanilla Yogurt, Pears, Milk
<b>Friday</b>	Whole Grain Cereal, Bananas, Milk	Whole Grain Cereal, Apple Slices, Milk	Whole Grain Cereal, Bananas, Milk	Whole Grain Cereal, Orange Slices, Milk
	<b>Lunch</b>			
<b>Monday</b>	Cheesy Chicken Broccoli Rice Bake, Canned Carrots, Pineapple, Milk	Beef Ravioli w Marinara, Mixed Veggies, Peaches, Milk	Chicken Pot Pie, Mixed Veggies, Mandarin Oranges, Milk	Bowtie Lasagna, Mixed Fruit, Mixed Veggie, Milk
<b>Tuesday</b>	Beef Tacos, Corn, Blueberries, Milk	Pizza Pasta, Corn, Mixed Fruit, Milk	Taco Bake, Pears, Peas, Milk	Chicken Nuggets, Sweet Potato Tots, Cranberry Sauce, Milk
<b>Wednesday</b>	Chicken Patty Sandwich, Baked Beans, Mixed Fruit, Milk	Tater Tot Casserole, Broccoli, Mixed Berries, Milk	Chicken Stir Fry w/ Rice, Green Beans, Apples, Milk	Pepperoni Pizza, Peas, Banana Slices, Milk
<b>Thursday</b>	Chili, Corn Bread, Green Beans, Mango, Milk	Chicken Noodle Soup, Saltine Crackers, Peas, Banana Slices, Milk	Grilled Ham & Cheese Sandwich, Tomato soup, Pineapple, Milk	Meatballs & Gravy, Mashed Potatoes, Bun, Applesauce, Milk
<b>Friday</b>	Turkey & Cheese Pinwheel, Peas, Cantaloupe, Milk	Ham & Cheese Pita Pockets, Green Beans, Pineapple, Milk	Chicken, Bacon Ranch Wraps, Broccoli, Orange Slices, Milk	Roast Beef & Provolone Sub, Corn, Peaches & Milk
	<b>Snack</b>			
<b>Monday</b>	Caramel Rice Cakes, Apple Juice	Veggie Straws, Cheese Cubes & Water	Goldfish & Apple Juice	Granola Bars & Milk
<b>Tuesday</b>	String Cheese, Wheat Thins, Water	Strawberry Yogurt, Graham Crackers, Water	Cottage Cheese, Peaches, Water	Wheat Thins & Hummus, Water
<b>Wednesday</b>	Pumpkin Dip, Graham Crackers, Water	Cinnamon Sugar Soft Pretzel w/ Cream Cheese Dip & Water	String Cheese, Saltine Cracker & Water	Mini Bagels w/ Cream Cheese & Water
<b>Thursday</b>	Animal Crackers, Oranges & Water	Carrots w/ Ranch, Club Crackers & Water	Banana, Cinnamon Graham Crackers, Water	Cheese Cubes, Pickles & Water
<b>Friday</b>	Blueberry Muffin & Milk	Cheese Slices & Ritz Crackers, Water	Fruit Bar & Milk	Chocolate Chip Banana Muffin & Milk

\*Ages 1-2 receive whole milk, ages 2 and up receive 1%

\*Lettuce, Apples and raw, hard vegetables are substituted for child under 2

\*Cereals include: Kix, Cheerios, Apple Jacks, Frosted Flakes, Shredded Wheat, & Rice Krispies