



WEEK 1 - WINTER MENU



MENU	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack 	Melba Toast Orange Wedges Milk	Cheese Cubes Apple Slices Milk	Yogurt Peach Slices Milk	Apple Bran Muffins Juice	Cheerios Banana Slices Milk
Lunch 	Tomato Soup Tuna Sandwiches Carrot Sticks Green Pepper Milk	Vegetarian Macaroni Goulash Cucumber Steamed Broccoli Whole Wheat Bread Milk	Cheesy Chicken Divan Mixed Vegetables Tomato Wedges Whole Wheat Bread Milk	Salmon Cakes Squash Zucchini Sticks Whole Wheat Bread Milk	Veggie & Chicken Pizza Tossed Salad Milk
P.M Snack 	Blueberry Muffins Juice	Grapes Arrowroot Cookies Water	Carrot Oatmeal Cookies Melon Slices Water	Raw Vegetables and Pita Bread Dip Water	Fruit Kabobs Rice Crackers Water






WEEK 2- WINTER MENU

MENU	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack 	Whole Wheat Toast Apple Slices Milk	Rice Cakes Melon Cubes Milk	Yogurt Pear Slices Milk	Banana Bran Muffins Juice	Cheerios Banana Slices Milk
Lunch 	Chicken Noodle Soup Grilled Cheese Sandwiches Celery Sticks Tomato Wedges Milk	Meatloaf Mashed Potatoes Steamed Broccoli Carrot Sticks Whole Wheat Bread Milk	Baked Beans Apple Carrot Salad Whole Wheat Bread Milk	Spaghetti and Meat Sauce Green Beans Cucumber Slices Whole Wheat Bread Milk	Homemade Fish Sticks Broccoli & Rice Casserole Salad Whole Wheat Bread Milk
P.M Snack 	Blueberry Cake Juice	Chewy Oatmeal Bars Orange Wedge Water	Bananas and Wheat Germ Water	Apples Arrowroot Cookies Water	Fruit Salad Molasses Cookies Water



WEEK 3- WINTER MENU



MENU	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack 	Cheese Cubes Apple Slices Milk	Whole Wheat Toast Orange Wedge Milk	Yogurt & Seasonal Fruit Milk	Apple Bran Muffins Juice	Cheerios Banana Slices Milk
Lunch 	Corn Chowder Tuna Sandwiches Carrot Sticks Tomato Wedges Milk	Chili or Tacos Pepper Sticks Cucumber Sticks Milk	Chicken and Veggie Lasagna Mixed Vegetables Celery Whole Wheat Bread Milk	Vegetable Frittata Tossed Salad with Chickpeas Cottage Cheese Whole Wheat Bread Milk	Cheese Ravioli in Tomato Sauce Broccoli Bean Salad Whole Wheat Bread Milk
P.M Snack 	Oatmeal Cranberry Muffins Juice	Gingerbread Apple Sauce Water	Rice Cakes Grapes Water	Oatmeal Cookies Carrot Sticks Water	Melon Slices Arrowroot Cookies Water



WEEK 4- WINTER MENU



MENU	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack 	Melba Toast Apple Slices Milk	Rice Cakes Melon Cubes Milk	Yogurt Pear Slices Milk	Carrot Apple Muffins Juice	Cheerios Banana Slices Milk
Lunch 	Beef Lentil Soup Egg Sandwiches Celery Sticks Milk	Macaroni and Cheese Mixed Vegetables Bean Salad Whole Wheat Bread Milk	Sweet and Sour Meatballs Rice Steamed Carrots Peas Green Pepper Whole Wheat Bread Milk	Tuna Casserole Salad Whole Wheat Bread Milk	Chicken Stew Broccoli Whole Wheat Bread Milk
P.M Snack 	Oatmeal Fruit Cookies Juice	Arrowroot Cookies Grapes Water	Molasses Oat Bran Bars Orange Wedge Water	Fruit Salad Rice Crackers Water	Oatmeal Cake Apple Slices Water