

Fall Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Yogurt, granola, and water	Cereal, blueberries, milk and water	Hard boiled eggs, bread sticks and water	Muffins, bananas and water	Bagels with cream cheese, and water
Lunch	Cheesy ham casserole, mixed harvest vegetables, biscuits, fruit, water and milk	Chicken ceasar wraps, sweet potato fries, veggie platter, fruit, water and milk	Herbed fish, rice, mixed harvest vegetables, bread and butter, fruit, water and milk	Ravioli casserole, garlic twists, garden salad, fruit, water and milk	Hearty soup, assorted deli subs, fruit water and milk
Mid-afternoon snack	Trail mix, carrot sticks and water	Homemade cookies, veggie sticks and water	Rice cakes, fresh fruit and water	Cheese, crackers and water	Graham crackers, fresh fruit and water

Fall Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Apple sauce, animal crackers and water	Melba toast, cream cheese, cucumbers and water	Fresh fruit, graham crackers, and water	Loaf bread, fresh fruit and water	Hard boiled eggs, croissants, and water
Lunch	Chicken alfredo pasta, garden salad, dinner rolls, fruit, water and milk	Fish, rice, mixed harvest vegetables, croissants, fruit, water and milk	Ham, parmesan pasta, mixed vegetables, fruit, water and milk	Hearty soup, cheese quesadillas, fruit, water and milk	Pepperoni Pizza, garden salad, fruit, water and milk
Mid-afternoon snack	Yogurt pops, goldfish and water	Rice cakes, fresh fruit and water	Vegetables, cheese, crackers, pickle tray and water	Nachos with cheese, salsa, sour cream and water	Trail mix, veggie sticks and water

Fall menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Yogurt, breadsticks, and water	Apple sauce, graham wafers and water	Bagels, cream cheese and water	Fruit smoothies, animal crackers and water	Rice cakes, fresh fruit, and water
Lunch	Chicken pot pie, salad, crossants, fruit, water and milk	Ham & Cheese quiche, veggie tray, bisquits, fruit, water and milk	Lasanga, garden salad, garlic bread, fruit, water and milk	Cod nuggets, rice, mixed harvest vegetables, fruit, water and milk	Hearty soup, assorted deli wraps, fruit, water and milk
Mid-afternoon snack	Nachos with cheese, salsa, sour cream and water	Cheese, crackers and water	Loaf bread, fresh fruit and water	Homemade cookies, cucumber slices, carrot sticks and water	Trail mix, melon slices and water

Fall menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Rice cakes, fresh fruit, and water	Cereal with milk, berries and water	Hard boiled eggs, croissants and water	Peach cobbler and water	Fresh fruit, goldfish crackers, and water
Lunch	Chicken tenders, pasta, garden salad, fruit, water and milk	Ham and swiss braid, mixed harvest vegetables, fruit, water and milk	Hearty soup, grilled cheese, fruit, water and milk	Tuna casserole, vegetable tray, rolls, fruit, water and milk	Meatballs, hasbrown casserole, mixed vegetables, fruit, water and milk
Mid-afternoon snack	Melba toast, cream cheese and water	Muffins, fresh fruit and water	Hummus, pita chips and water	Pickels, cheese, crackers and water	Yogurt pops, graham crackers and water