

### Winter Menu – Week 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast Basket</b>	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars
<b>Mid-morning snack</b>	Variety fruit mix Yogurt, granola, and water	Muffins with apple sauce and water	Cereal with blueberries, milk and water	Trail mix with bananas and water	Bagels with cream cheese, fresh fruit and water
<b>Lunch</b>	Tomato soup with grilled cheese sandwiches, fruit and milk	Spagetti with caesar salad, garlic bread, fruit and milk	Quiche with garden salad, pickles, fruit and milk	Lemon herb fish with creamy noodles, green beans, fruit and milk	Chicken rice soup with garden salad, biscuits, fruit and milk
<b>Mid-afternoon snack</b>	Loaf bread, apples and water	Veggie sticks with dip, crackers and water	Bean brownies with carrot sticks and water	Graham wafers with fresh fruit and water	Rice cakes with cucumber slices and water

## Winter Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Basket	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars
Mid-morning snack	Apple sauce, graham wafers and water	Bananas with rice cakes and water	Loaf bread with fresh fruit and water	Variety of fruit mixed yogurt with granola and water	Hard boiled eggs, croissants, and water
Lunch	Chicken bake casserole with mixed vegetables, fruit and milk	Italian wedding soup with crusty rolls, garden salad, fruit and milk	Ham cubes with rice, mixed garden vegetables, fruit and milk	Vegetable soup with tuna wraps, cheese cubes, pickles, fruit and milk	Lasagna with Caesar salad, fruit and milk
Mid-afternoon snack	Goldfish crackers with a veggie platter and water	Home made cookies with fresh fruit and water	Cheese and pickle plater with crackers and water	Nachos with cheese, salsa, sour cream and water	Trail mix with veggie sticks and water

<b>Winter menu – Week 3</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast Basket</b>	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars
<b>Mid-morning snack</b>	Cereal with berries, milk and water	Apple sauce with croissants and water	Bagels with cream cheese and water	Variety fruit mix Yogurt, granola, and water	Trail Mix with melon slices and water
<b>Lunch</b>	Sweet and sour meatballs with egg noodles, broccoli, bread and butter, fruit and milk	Dill herb baked fish with baked beans, peas, fruit and milk	Beef Noodle and vegetable soup with assorted sub sandwiches, fruit and milk	Chicken rice casserole with carrots, biscuits, fruit and milk	Upside down pizza, garden salad, fruit, and milk
<b>Mid-afternoon snack</b>	Muffins, veggie sticks and water	Yogurt pops, crackers and water	Oatmeal cookies with fresh fruit and water	Pretzel sticks and bananas	Cheese and crackers with water

**Winter menu – Week 4**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast Basket</b>	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars	Assorted fresh fruit, loaf breads, trail mix, fruit cups and breakfast bars
<b>Mid-morning snack</b>	Muffins with apple sauce and water	Hard boiled eggs with ritz crackers and water	Trail mix with fruit smoothies and water	Variety fruit mix yogurt, granola, and water	Cereal with berries, milk and water
<b>Lunch</b>	Sloppy Joes on crusty rolls with garden salad, fruit and milk	Chicken noodle soup with tuna melts, vegetable sticks, fruit and milk	Cabbage roll casserole with biscuits, mixed garden vegetables, fruit and milk	Cheesy ham casserole with green beans, crusty rolls, fruit and milk	Loaded potato soup with assorted sandwiches, fruit and milk
<b>Mid-afternoon snack</b>	Nachos with cheese, salsa, sour cream and water	Loaf bread with fresh fruit and water	Hummus dip with pita chips and water	Rice cakes with fresh fruit and water	Kalbosa and pickle platter with crackers and water

