

Fall & Winter Menu – Week 1

	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	Hard boiled eggs, crackers and water	Fruit Yogurt with arrowroot biscuits and water	Cereal with blueberries, milk and water	Trail mix with fruit and water	Fruit Smoothies with graham crackers and water
Lunch	Spagetti with caesar salad, garlic bread, fruit and milk	Chicken Noodle Soup, kielbasa, cheese, pickles, crackers, fruit and milk	Loaf Braid Ham Bake with harvest vegetables, apple crisp and milk	Hearty Vegetable Soup with tuna fish sandwiches, fruit and milk	Pizza with garden salad, fruit and milk
Mid-afternoon snack	Popcorn with apple slices and water <small>***Cheerios for infant and toddlers***</small>	Oatmeal cookies with veggie sticks and water	Hummus Dip with Crackers and water	Nachos chips with cheese, sour cream and water	Rice cakes with cucumber slices and water

Fall & 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	Melba Toast with cream cheese, fruit jam and water	Loaf bread with apple sauce and water	Cereal with bananas and water	Variety of fruit mixed yogurt with graham crackers and water	Oatmeal with berries and water
Lunch	Chicken bake casserole with garden salad, fruit and milk	Chili with shredded cheese, toast, veggie sticks, fruit and milk	Baked Fish with rice, garden vegetables, buns, ice cream and milk	Tomato soup with grilled cheese sandwiches, fruit and milk	Meatballs with mashed potatoes, mixed vegetables, fruit and milk
Mid-afternoon snack	Goldfish crackers with veggie platter and water	Frozen pops with graham wafers and water	Cheese with crackers, pickles and water	Trail Mix with fruit and water	Bean brownies with veggie sticks and water