

Fall/Winter Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with bananas Milk	muffins,fruit Milk	Oatmeal bar with fruit Milk	Veggie egg bake Milk	Waffles with Fruit
Lunch	Pizza hotdish (Ground beef, pepperoni, onions, peppers, spinach, marinara, w.w. pasta) Milk	Ham and potato soup with crackers (Ham, potatoes, celery, corn, chicken broth, crackers) Milk	Beef gravy over pasta with mixed veggies (Beef roasts, onions, carrots, peas, corn, w.w. pasta) Milk	Coconut chicken curry over rice (Chicken, coconut milk, spinach, onions, tomatoes, brown rice) Milk	Turkey sandwich with potato salad (Turkey meat, spinach, potatoes, onions, celery, eggs, bread)
Snack	Cheddar crackers juice	P.B. Banana roll-ups (no p.b. under 1 yr) milk	apples with cheese Milk or water	Pumpkin bread Milk	crackers Milk

Fall/Winter menu week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with bananas Milk	yogurt, granola, with fruit Milk	pancakes with fruit Milk	biscuits and gravy Milk	Cornbread with fruit Milk
Lunch	Tuna patty with mixed veggies (Tuna, cooked rice, spinach, carrots, peas, corn) Milk	Meatballs, mashed potatoes, bread (Ground beef, cooked rice, potatoes, bread) Milk	Chili with tortilla chips (Ground beef, kidney beans, peppers, onions, tomatoes, tortilla chips) Milk	Pepperoni pineapple pizza with salad (Pepperoni, spinach, marinara, pineapple, w.w. crust, lettuce, tomato, cucumber, ranch dressing) Milk	chicken stir fry over rice (Chicken breast, broccoli, carrots, peas, stir fry sauce, brown rice) Milk
Snack	black bean brownies with milk	Veggie straws with juice	Banana bread with milk	muffins with milk	crackers Milk