

Fall/ winter week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with bananas Milk	Oatmeal with fruit Milk	Breakfast scramble (Eggs, sausage, peppers, onion, spinach) Milk	French toast with fruit Milk	Waffles with fruit Milk
Lunch	Bean and cheese burrito with spanish rice (pinto beans, cheese, w.w. tortillas, rice, tomatoes, peppers, salsa) milk	Spaghetti with meat sauce (ground beef, marinara sauce, w.w. pasta, onions, peppers, spinach) milk	Beef pot roast with bread (Beef roasts, onions, celery, carrots, potatoes, bread) milk	Chicken noodle soup with crackers (Chicken, w.w. pasta, carrots, corn, celery, onions, crackers) milk	Tuna sandwich with broccoli and cauliflower (Tuna, mayo, celery, bread, broccoli, cauliflower, peas) milk
Snack	Blueberry bread with milk	cheddar puffs with juice	fruit n yogurt smoothies milk	carrots with ranch Milk	Crackers Milk

Fall/winter menu week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with bananas Milk	Savory bread pudding (Bread, eggs, milk, onion, spinach, garlic) Milk	waffles with fruit Milk	W.W. pancakes with fruit Milk	yogurt, granola,with fruit Milk
Lunch	Turkey stuffing bake (Turkey,onions, spinach,bread, ground sausage, celery, corn) Milk	Taco salad with tortilla chips (Ground beef, lettuce, tomatoes, cheese, beans, onions, tortilla chips) Milk	Beef and cabbage soup with crackers (Beef, cabbage, celery, onions, corn, carrots, crackers) Milk	Chicken Broccoli casserole (Chicken, broccoli, peas, cauliflower, rice, cheese) Milk	Sausage/spinach pizza with fruit salad (Sausage, onion, spinach, marinara, w.w. crust, mixed fruits) Milk
Snack	chex mix with juice	muffins Milk	focaccia bread with tzatziki sauce	Black bean brownies (black beans, oats, sugar, cocoa powder, oil) Milk	Crackers with milk

Fall/ winter week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with bananas Milk	Waffles with fruit Milk	Oatmeal bars with fruit Milk	Biscuits and gravy (Sausage gravy, w.w. biscuits, onion, spinach) Milk	Breakfast scramble (Eggs, peppers, onions, spinach, cheese) Milk
Lunch	Meatloaf, mashed potatoes, bread (Ground beef, rice, onion, spinach, potatoes, bread) Milk	Split pea and ham soup with crackers (Split peas, ham, potatoes, onions, celery, carrots, crackers) Milk	Beef stroganoff over pasta (Beef roasts, mushrooms, onions, spinach, peppers, w.w. pasta, sour cream) Milk	Homemade mac and cheese with salad (Shredded cheese, w.w. pasta, spinach, lettuce, tomatoes, cucumbers, ranch dressing) Milk	brats in a blanket with roasted veggies (Chicken brats, w.w. dough, carrots, celery, cauliflower, broccoli) Milk
snack	Veggie straws with juice	Pumpkin bread Milk	Apples with cheese water	Fruit and yogurt smoothies	Crackers with milk

Fall/ winter week 6

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereal with bananas Milk	Pancakes with fruit Milk	muffins with fruit milk	Yogurt, granola, fruit Milk	Veggie egg bake (Eggs, peppers, spinach, onions, tomatoes) Milk
Lunch	Au Gratin ham and potatoes with bread (Potatoes, ham, cheese, celery, spinach, onions, bread) Milk	Lemon chicken on rice with roasted veggies (Chicken, lemons, rice, carrots, celery, onions, cauliflower) Milk	Hamburger green bean casserole with bread (Green beans, onions, ground beef, sour cream, mushrooms, bread) Milk	Grilled cheese with tomato (or squash soup) (Cheese, bread, marinara, onion, tomatoes, peppers)(Or)(Squash, carrots, potatoes, celery, pears) Milk	Spaghetti with meat sauce (Ground beef, marinara, onions, peppers, spinach, w.w. pasta) Milk
Snack	Carrots with ranch milk	Tortilla chips with salsa Milk	Carrot/raisin bread Milk	Cheddar puffs with juice	Crackers Milk