

WINTER SEASON MENU

WEEK #1: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Cheerios *Oranges	*Cinnamon Rye Toast *Bananas	*Vanilla Yogurt *Mixed Berries	*Oatmeal with Brown Sugar and Cinnamon *Apples	*Pears in Fruit Juice *Graham Crackers
LUNCH	*Tortillas *Smoked Turkey *Lettuce *Tomatoes *Mayonnaise *Cheese *Apples	*Cream of Broccoli Soup *Whole Grain Crackers *Grated Cheese *Bananas	*Cheeseburger Casserole *Pickles *Oranges	*Baked Ham *Vegetable Oven Fried Rice *Snap Peas *Honey Dew Melon	*Ditali Pasta *Tomato Sauce *Garden Salad with Tofu *Apples
PM SNACK	*Arrowroot Cookies *Pears	*Melba Toast *Red Pepper Hummus	*Trail Mix *Apples	*Vegetable Thin Crackers *Cheese *cucumbers	*Banana Loaf *Oranges
CHANGES/ SUBSTITUTIONS					

MILK & WATER IS SERVED WITH EVERY MEAL

WINTER SEASON MENU

WEEK #2: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Apple Sauce *Graham Crackers	*Vanilla Yogurt *Blueberries	*Rice Krispies *Bananas	*Banana Muffins *Apples	*Toasted Whole Wheat English Muffins with Butter *Raspberry Jam
LUNCH	*Chicken Alfredo Pasta Bake *Orange Peppers *Apples	*Whole Wheat Hawaiian Pizza Bun with Ham and Pineapple *Coleslaw with Coleslaw Dressing *Apples	*Egg Salad Sandwiches on Whole Wheat Bread *Pickles *Pineapple Tidbits	*Soft Beef and Cheese Tacos *Tomatoes *Lettuce *Sour Cream *Shredded Cheese *Pears	*Sheppard's Pie *Ketchup *Snap Peas *Cantaloupe
PM SNACK	*Rice Cakes *Oranges	*Triscuits *Cheese *Pears	*Cucumbers *Carrots *Ranch Dip	*Arrowroot Cookies *Honeydew Melon	*Trail Mix *Apples
CHANGES/ SUBSTITUTIONS					

MILK & WATER IS SERVED WITH EVERY MEAL

WINTER SEASON MENU

WEEK #3: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Corn Flakes *Bananas	*Raisin Toast with Butter *Pears Toddlers: Whole Wheat Toast with Butter	*Fruit Cocktail *Graham Crackers	*Boiled Eggs *Melba Toast *Blueberry Jam	*Blueberry Overnight Oats *Granola
LUNCH	*Vegetable and Bean Noodle Soup *Goldfish *Apples	*Veggie Beef and Pasta Bake *Cheese *Oranges	*Pepperoni and Cheese Pizza *Spinach Salad with Mandarin Oranges *Poppyseed Dressing *Bananas	*Stuffed Pepper Casserole *Baby Corn *Apples	*Grilled Cheese Sandwiches on Whole Wheat Bread *Ketchup *Cucumbers *Kielbasa *Cantaloupe
PM SNACK	*Graham Crackers *Raspberry Jam	*Cucumbers, Broccoli and Red Peppers *Onion Dip	*Rice Cakes *Pears	*Breton Crackers *Pickles *Apples	*Pumpkin Applesauce Bars *Oranges
CHANGES/ SUBSTITUTIONS					

MILK & WATER IS SERVED WITH EVERY MEAL

WINTER SEASON MENU

WEEK #4: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Apple Sauce *Graham Crackers	*Whole Wheat Toast with Butter *Bananas	*Pears in Fruit Juice *Arrowroot Crackers	*Strawberry Yogurt *Blueberries	*Cheerios *Apples
LUNCH	*Whole Wheat Sub Bun Sandwiches *Chicken *Tomato *Cheese *Mustard *Oranges	*Hamburger Soup *Whole Wheat Crackers *Carrot Sticks *Pears	*Cheese Quesadillas *Sour Cream *Orange Peppers *Cucumbers *Oranges	*Porcupine Meatballs *Mashed Potatoes *Green Beans *Apples	*Beef Vegetable Stew *Garlic Cheese Biscuits *Honeydew Melon
PM SNACK	*Rice Crackers *Apples	*Apples and Honeydew Melon *Apple Cinnamon Fruit Dip	*Ritz Crackers *Carrots *Red Pepper Hummus	*Whole Wheat Bagels *Pineapple Cream Cheese	*Shake'em Up Orange Bars *Pears
CHANGES/ SUBSTITUTIONS					

MILK & WATER IS SERVED WITH EVERY MEAL

WINTER SEASON MENU

WEEK #5: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Shreddies *Apples	*Mandarin Oranges *Graham Wafers	*Toasted English Muffins *Blueberry Jam	*Vanilla Yogurt *Granola *Raspberries	*Blueberry Muffins
LUNCH	*Ham Salad Sandwiches on Whole Wheat Bread *Pickles *Cheese *Oranges	*Swiss Ham Bake *Garden Salad *Creamy Cucumber Dressing *Pears	*Egg Bacon and Hashbrown Casserole *Ketchup *Carrot Sticks *Honeydew Melon	*Mediterranean Pasta Soup *Whole Wheat Crackers *Cucumbers *Bananas	*Sloppy Joes *Whole Wheat Buns *Baby Corn *Apples
PM SNACK	*Wheat Thin Crackers *Spinach Dip	*Trail Mix *Cantaloupe	*Fruit Smoothies *Graham Crackers	*Rice Cakes *Oranges	*Harvest Bars *pears
CHANGES/ SUBSTITUTIONS					

MILK & WATER IS SERVED WITH EVERY MEAL