

Fall/Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cheerios Bananas	Milk Biscuits & Sausage Patty Oranges	Milk WG Waffles Pears	Milk Peaches WG French Toast Sticks	Milk Cheese with WG Toasted Bread Apple Slices
Lunch	Milk WG Spaghetti pasta with meat sauce Peas/Carrots Tropical Fruit WG Sliced Bread	Milk Beef Chili Corn Pineapple Corn Bread	Milk Turkey and Cheese WG Sliced Bread Potato Wedges Peaches	Milk Black bean, Beef, WG Rice Applesauce Green Beans WG Sliced Bread	Milk Chicken Nuggets Potato Wedges Tropical Fruit WG Sliced Bread
Snack	Water American Cheese Slices Saltine Crackers	Water WG Goldfish 100% Grape Juice	Water Yogurt Graham Crackers	100% Apple juice Sun Chips	Water Cheese Stick Ritz Crackers

Unflavored 1% milk and 1% lactose-free milk are served to children aged 2 years and older.

Unflavored whole milk and whole lactose-free milk are served to children 1 year old.

Water is provided with snacks.

WG = Whole Grain

Weekly Menu _____ to _____

