

**Fall/Winter Menu Week: One**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	<b>Bagels &amp; Cream Cheese</b>	<b>Cereal &amp; Berries</b>	Blueberry frozen yogurt sandwiches	<b>Banana Stuffin Muffins</b>	<b>Cheese &amp; Bacon Omelet</b>
Grain products	Bagels	Cereal	Graham crackers	Flour	English Muffin
Veggie & fruit		Frozen berries	Blueberries	Bananas	Strawberries
Milk products	Milk/ Cream Cheese	Milk	Yogurt/Milk	Milk	Milk/cheese
Meat & Alternatives					Bacon/Egg
Other **					
<b>Lunch Meal</b>	<b>Scallop Potato &amp; Ham</b>	<b>Mac &amp; Cheese</b>	<b>Beef &amp; Vegetable Soup/ Grilled Cheese</b>	<b>French Toast/ Berries &amp; Sausage</b>	<b>Zucchini Lasagna &amp; Caesar salad</b>
Grain products		Pasta	Bread/Pasta	Bread	Croutons
Veggie	Potato, Peppers	Peppers (fried)	Carrots/Onion		Zucchini, peppers & Mushrooms
Fruit	Peaches	Pears	Oranges	Applesauce/Berries	Fruit Cocktail
Milk products	Milk/Cheese	Milk/Cheese	Milk/Cheese	Milk	Cheese/Milk
Meat & Alternatives	Ham		Ground Beef	Eggs/Sausage	Ground Turkey
Other **					
<b>Afternoon Snack</b>	<b>Oranges &amp; Arrowroot</b>	<b>Apple cinnamon loaf &amp; apples</b>	<b>Tzatziki &amp; Cucumber Pitas</b>	<b>Cheese, Grapes &amp; Crackers</b>	<b>Fruit &amp; Veggie Tray</b>
Grain products	Arrowroot cookies	Flour	Pita	Ritz crackers	Crackers
Veggie & fruit	Oranges	Apples	Cucumber	Grapes	Assorted fruit & veggies
Milk products			Greek Yogurt	Cheese cubes	
Meat & Alternatives					
Other **	Water	Water	Water	Water	Water
Grain Products (2-4)	<b>2</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>3</b>
Veg & Fruit (2-4)	<b>4</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>6</b>
Milk Products (1-2)	<b>4</b>	<b>3</b>	<b>5</b>	<b>3</b>	<b>4</b>
Meats & Alternates (1-2)	<b>1</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

