

Fall/Winter Menu Week: Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Breakfast Bars	Cereal and Berries	Yogurt Parfait	Applesauce Muffins	Boiled Eggs & Toast
Grain products	Potatoes	Cereal	Granola	Flour	Bread
Veggie & fruit	Peppers	Berries	Fresh Berries	Applesauce	
Milk products	Cheese/Milk	Milk	Yogurt/Milk	Milk	Milk
Meat & Alternatives	Egg/Ham				Boiled Egg
Other **					
Lunch Meal	Meatloaf, Broccoli & Cauliflower Rice	Quiche & Spinach Salad	Chicken Rice Stir Fry	Ham & Cheese Crescent Bake	Breaded Fish Fillets & Potato Wedges
Grain products	Rice	Pie Crust	Rice	Crescent Rolls	Panko Breading
Veggie	Broccoli/Cauliflower	Spinach	Mixed vegetables	Creamy Cucumber Salad	Cucumber/Potato
Fruit	Peaches	Pineapple	Mandarin Oranges	Pears	Melon
Milk products	Milk/Cheese	Milk/Cheese	Milk	Milk/Cheese	Milk/Parmesan cheese
Meat & Alternatives	Ground Beef	Egg	Chicken	Ham	Fish/Eggs
Other **					
Afternoon Snack	Peppers & Ranch Dip	Strawberry Stackers	Lemon Loaf & apples	Cinnamon Crisps	Veggie & Fruit Tray
Grain products		Graham Crackers	Flour	Wraps	Ritz Crackers
Veggie & fruit	Mixed Peppers	Fresh Strawberries	Lemon/Fresh Apples	Fruit Salsa	Assorted Fruit
Milk products	Ranch Dip	Cream Cheese			
Meat & Alternatives					
Other **	Water	Water	Water	Water	Water
Grain Products(2-4)	2	3	3	3	3
Veg & Fruit (2-4)	5	4	4	4	5
Milk Products (1-2)	5	4	3	2	3
Meat & Alternates (1-2)	3	1	1	1	3