

Fall/Winter Menu Week: Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Raisin Toast & Berries	Cereal & Berries	Oatmeal Muffins	Apple Parfait	Scrambled Eggs & Toast
Grain products	Raisin Bread	Cereal	flour	Oats	Bread
Veggie & fruit	Melon	Berries	Bananas	Sliced strawberries	Mixed Peppers
Milk products	Milk	Milk	Milk	Yogurt/Milk	Milk
Meat & Alternatives					Egg
Other **					
Lunch Meal	Ham Casserole	Beef & Cheese Manicotti	Chicken Tenders & Mexican Rice	Hamburger Cupcakes & Salad	Spaghetti Pizza Casserole
Grain products	Potatoes	Pasta	Rice/Panko	Bread	Pasta
Veggie	Corn, Onion	Marinara Sauce/Salad	Tomato Slices	Corn, Onion soup mix	Boiled Broccoli
Fruit	Pears	Applesauce	Pineapple	Peaches	Melon
Milk products	Milk/Cheese	Milk/Cheese	Milk/Parmesan Cheese	Milk/Cream of Mushroom soup	Milk/Cheese
Meat & Alternatives	Ham	Ground Beef	Chicken	Ground Beef	Pepperoni
Other **					
Afternoon Snack	Veggie Tray & Garlic herb dip	Pears & Crackers	Apples & Cheese Strings	Cheesy Cauliflower Bread sticks & Herb Dip	Veggie & Fruit Tray
Grain products		Crackers			Crackers
Veggie & fruit	Assorted veggies	Pears	Apples	Cauliflower	Assortment of fruit
Milk products	Milk/Sour Cream		Cheese Strings	Yogurt/Cheese	
Meat & Alternatives					
Other **	Water	Water	Water	Water	Water
Grain Products(2-4)	2	3	3	2	3
Veg & Fruit (2-4)	5	4	4	5	4
Milk Products (1-2)	5	3	4	6	3
Meats & Alternates (1-2)	1	1	1	1	2