

Fall/Winter Menu Week: Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Waffles & Blueberries	Cereal & Berries	Toast & Jam	Cream of Wheat & Fresh Fruit	Pumpkin Cream Cheese Muffins
Grain products	Waffles	Cereal	Bread	Wheat	Flour
Veggie & fruit	Blue Berries	Berries		Fresh fruit	Pumpkin
Milk products	Milk	Milk	Milk/Butter	Milk	Milk/Cream Cheese
Meat & Alternatives					
Other **			Jam		
Lunch Meal	Shepherd's Pie	Broccoli/Spinach Chicken Casserole	Ravioli & Caesar Salad	Tuna Fish Patties	Mini Chicken Pot Pies
Grain products		Rice	Pasta	Bread	Bread (dough)
Veggie	Potato/Cauliflower/Creamed Corn	Broccoli/Spinach	Romain Lettuce	Celery/Spinach/Mushroom	Mixed Veggies (cooked)
Fruit	Melon	Oranges	Pears	Bananas	Pineapple
Milk products	Milk/Cheese	Milk/Cheese sauce	Parmesan/Milk/Cheese	Milk	Milk/Cream soups
Meat & Alternatives	Ground Beef	Chicken		Tuna	Chicken
Other **					
Afternoon Snack	Pear Crisp	Yogurt Fruit Smoothie	Veggies and Onion Dip	Cranberry Bran Muffins	Fruit & Veggie Tray
Grain products	Oatmeal		Crackers	Flour/Bran	Crackers
Veggie & fruit	Pears	Frozen Fruit Mixture (peaches/pineapple/grapes)	Assorted veggies	Cranberries (frozen)	Assortment of Fruit & Veggies
Milk products		Yogurt	Sour Cream/Cream Cheese		
Meat & Alternatives					
Other **	Water	Water	Onion Soup Mix/Water	Water	Water
Grain Products(2-4)	2	2	3	4	3
Veg & Fruit (2-4)	5	5	3	6	4
Milk Products (1-2)	3	4	7	2	4
Meats & Alternates (1-2)	1	1	0	1	1

