

Fall/Winter Menu Week: Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal & Berries	Oatmeal Bites	Pumpkin & Zucchini Muffins	French Toast Sticks	Yogurt & Fresh Fruit Bark
Grain products	Cereal	Oatmeal	Flour	Bread	
Veggie & fruit	Frozen Berries	Bananas	Pumpkin & Zucchini	Fresh Berries	Frozen food
Milk products	Milk	Milk	Milk	Milk	Yogurt/Milk
Meat & Alternatives				Eggs	
Other **					
Lunch Meal	English Muffin Pizza	Creamy Italian Chicken	Turkey Chili	Meatball Subs	Tuna Sandwiches
Grain products	English Muffin		Bread & Butter	Buns	Bread
Veggie	Salad (lettuce/Tomato)	Cucumber/Potatoes	Tomato/Celery/Carrots/Onions	Tomato Sauce	Sweet Kale Salad
Fruit	Peaches	Pineapple	Pears	Fruit Cocktail	Applesauce
Milk products	Milk/Cheese	Milk/Cheese	Milk/Cheese	Cheese/Milk	Milk
Meat & Alternatives	Turkey Pepperoni/Bacon	Chicken	Ground Turkey	Meatballs	Tuna
Raw Veg		Cucumber Slices			
Other **					
Afternoon Snack	Kielbasa, Cheese, Pickles	Apple Cinnamon Loaf	Arrowroots & Fresh Fruit	Blueberry Loaf	Fresh Fruit & Vegetables
Grain products	Crackers	Flour	Arrowroots	Flour	Crackers
Veggie & fruit	Pickles	Apples	Fresh Fruit	Blueberries	Fresh Fruit & Vegetables
Milk products	Cheese				
Meat & Alternatives	Kielbasa				
Other **	Water	Water	Water	Water	Water
Grain Products (2-4)	3	2	3	3	2
Veg & Fruit (2-4)	4	5	7	3	5
Milk Products (1-2)	3	4	3	3	2
Meats & Alternates (1-2)	2	1	1	2	1
Other					