

Fall/Winter Menu Week: Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal & Berries	Breakfast Cookies	Maple Banana Muffins	Waffle & Fruit	Yogurt Parfait
Grain products		Flour	Flour	Waffles	Granola
Veggie & fruit	Frozen Berries	Apples	Bananas	Fresh Fruit	Fresh Berries
Milk products	Milk	Milk	Milk	Milk	Yogurt/Milk
Meat & Alternatives					
Other **					
Lunch Meal	Veggie Lasagna	Turkey Quesadillas	Taco Bake Casserole	Honey Garlic Chicken & Broccoli	Fish Tacos
Grain products	Pasta	Tortillas	Pasta	Rice	Wraps
Veggie	Tomato/Spinach/Mushrooms	Tomato/Green Onion/Peppers	Tomato Sauce	Broccoli	Coleslaw
Fruit	Mandarin Oranges	Pineapple	Peaches	Pears	Applesauce
Milk products	Cheese/Milk	Cheese/Milk	Milk/Sour Cream /Cheese	Milk	Milk/Cheese
Meat & Alternatives		Turkey	Ground Beef	Chicken	Fish
Raw Veg					
Other **					
Afternoon Snack	Apple Slices & Graham Crackers	Lemon Poppyseed Loaf	Cereal Mix & Pears	Arrowroots & Grapes	Fresh Fruit & Vegetable Tray
Grain products	Graham Crackers	Flour	Shreddies	Arrowroots	Crackers
Veggie & fruit	Apple	Blueberries/Lemon	Pears	Grapes	Fresh Fruit & Vegetables
Milk products					
Meat & Alternatives					
Other **	Water	Water	Water	Water	Water
Grain Products (2-4)	2	3	3	3	2
Veg & Fruit (2-4)	6	6	4	5	5
Milk Products (1-2)	3	3	4	1	4
Meats & Alternates (1-2)	0	1	1	1	1
Other					