

Fall/Winter Menu Week: Four

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--------------------------------------|--------------------------------------|--------------------------------------|---|---|
| Morning Snack | Cereal & Berries | Cinnamon Toast & Fruit | Applesauce Muffins | Bacon & Egg Muffin | Toasted Bagel with Cream Cheese |
| Grain products | Cereal | Bread | Bran, Flour | English Muffin | Bagels |
| Veggie & fruit | Frozen Berries | Fresh fruit | Applesauce | | Fresh Berries |
| Milk products | Milk | Milk | Milk | Cheese/Milk | Cream Cheese/Milk |
| Meat & Alternatives | | | | Egg/Bacon | |
| Other ** | | | | | Butter |
| | | | | | |
| Lunch Meal | Ham/Rice/Peas | Chicken Pot Pie | Spaghetti & Meatballs | Chicken & Vegetable Stir Fry | Sloppy Joe Casserole |
| Grain products | Rice | Pie crust | Pasta | Rice | Bread |
| Veggie | Peas/Onions | Mixed vegetables | Tomato Sauce | Peppers/Onions | Peppers/Tomato |
| Fruit | Pineapple | Mandarin Oranges | Peaches | Pears | Fruit Cocktail |
| Milk products | Milk | Milk | Milk/Cheese | Milk | Milk/Cheese |
| Meat & Alternatives | Ham | Chicken | Meatballs | Chicken | Ground Beef |
| Raw Veg | | | Cucumber slices | | |
| Other ** | | | | | |
| | | | | | |
| Afternoon Snack | Graham Crackers & Bananas | Cucumber & Cheese Strings | Apples & Sunflower Butter | Yogurt & Fruit Bars | Fresh Fruit & Vegetable Tray |
| Grain products | Graham Crackers | | | Graham Crackers | Crackers |
| Veggie & fruit | Bananas | Cucumber | Apples | Frozen Fruit | Fresh Fruit & Vegetables |
| Milk products | | Cheese Strings | | Yogurt | |
| Meat & Alternatives | | | Sunflower Butter | | |
| Other ** | Water | Water | Water | Water | Water |
| | | | | | |
| Grain Products (2-4) | 3 | 2 | 2 | 3 | 3 |
| Veg & Fruit (2-4) | 4 | 4 | 3 | 3 | 5 |
| Milk Products (1-2) | 2 | 3 | 3 | 3 | 5 |
| Meats & Alternates (1-2) | 1 | 1 | 1 | 3 | 1 |
| Other | | | | | |