



Fall & Winter Menu 2018-2019



	Mon	Tue	Wed	Thu	Fri
Week One	Cereal, Fresh Fruit Fresh Fruit Tater Tot Casserole, Green Beans, Melon Apples and Sun-Nut Butter	Fall Spiced Raisin Muffins, Fresh Fruit Fresh Veggies Chicken Noodle Soup w/Veggies, Peaches Hard Boiled Egg w/English Muffin	Scrambled Eggs, Toast, Fresh Fruit Fresh Fruit Cheesy Beans and Rice, Corn, Pears Ham w/Crackers	Apple Cinnamon Oatmeal Fresh Fruit Macaroni and Cheese, Peas, Tropical Fruit Pita Bread and Hummus	Cereal, Fresh Fruit Fresh Fruit Fish Sticks, Mixed Veggies, Orange Slices Cheese and Crackers
Week Two	Cereal, Fresh Fruit Fresh Veggies Bean and Cheese Burritos, Carrot Sticks, Peaches Pineapple and Cottage Cheese	Bagels w/Cream Cheese, Fresh Fruit Fresh Fruit Salisbury Steak, Mashed Potatoes, Mandarin Oranges Tortilla Triangles w/ Bean Dip	Sun-Nut Butter and Jelly Biscuits, Fruit Fresh Fruit Chicken Broccoli and Brown Rice Bake, Applesauce Pretzels w/String Cheese	Pancakes, Strawberries Fresh Fruit Spaghetti w/Meatballs, Green Beans, Pears Graham Crackers w/Cream Cheese	Cereal, Fresh Fruit Fresh Veggies English Muffin Pizza, Mixed Veggies, Fruit Salad Granola Bar and Apples
Week Three	Cereal, Fresh Fruit Fresh Veggies Cheese Quesadillas, Peas, Peaches Apples and Sun-Nut Butter	French Toast Sticks, Applesauce Fresh Fruit Chicken Stir Fry, Brown Rice, Pineapple Granola Bar and Oranges	Apple Cinnamon Oatmeal Fresh Fruit Meatballs w/ Gravy over Noodles, Green Beans, Mandarin Oranges Carrot Sticks and Hummus	Turkey Sausage w/English Muffin, Fresh Fruit Fresh Veggies Vegetarian Chili, Cornbread, Melon Hard Boiled Egg w/Pita Bread	Cereal, Fresh Fruit Fresh Fruit Turkey and Cheese Roll-Ups, Carrot Sticks, Fruit Salad Trail Mix w/Raisins
Week Four	Cereal, Fresh Fruit Fresh Fruit Buttered Noodles, Peas, Mandarin Oranges Graham Crackers w/Cream Cheese	Peach Muffins Fresh Fruit Turkey Tacos, Corn, Tropical Fruit Tortilla Triangles w/Bean Dip	Breakfast Pizza Fresh Veggies Tomato Soup, Grilled Cheese, Pears Peaches and Cottage Cheese	Cream of Wheat, Fresh Fruit Fresh Fruit Baked Ziti w/Ground Beef, Salad, Fruit Salad Pretzels w/String Cheese	Cereal, Fresh Fruit Fresh Fruit Chicken Nuggets, Salad, Melon Granola Bar and Apples

Week Five: Chef's Choice: *When this week is utilized a menu will be provided in advance from our Chef.

Milk is served daily at Breakfast and Lunch. Sun Nut Butter does not contain nuts.

Note: Softer fruits and veggies may be substituted for Infants and Toddlers.