

Fall & Winter Menu 2019-2020



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

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 Butter does not contain nuts.

Note: Fresh Fruit will be one of the following: apples, melon, pears, strawberries, bananas, kiwi, oranges. Softer fruits and veggies may be substituted for Infants and Toddlers.