



FALL/WINTER MENU

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice Chex & Mangoes Water (Inf) Milk	Bananas Milk	Sliced Apples WW Soda Crackers & Wow Butter Water (Inf) Milk	Graham Wafers with Homemade Pumpkin Dip Water (Inf) Milk	Cheddar Cheese & Sweet Potato Crackers Chilled Edamame Water (Inf) Milk
LUNCH	Homemade Minestrone Soup (Beans) WW Soda Crackers Pears Milk	Coconut Chicken Curry Jasmine Rice WW Dinner Rolls Cantaloupe Milk	Vegetarian Shepherd's Pie (Veggie Ground) Prairie Bran Bread Mandarins/ Clementines (Inf) Papaya Milk	Fiesta Casserole (Lean Ground Beef) Homemade Cornbread Peaches Milk	Tuna Veggie Lasagne 12 Grain Bread Sliced Apples Milk
Afternoon Snack	Greek Vanilla Yogurt with Raspberries & Hemp Hearts Water	Edamame Spread on SnackBread Crackers Water	Whole Grain Cinnamon Raisin Loaf & Pineapple Chunks Milk	Oatmeal Cookies & Blackberries Milk	Fruit Salad & Breton Crackers Water



FALL/WINTER MENU

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multi-Grain Cheerios & Pineapple Water (Inf) Milk	Tofutti on WW Soda Crackers & Sliced Cucumbers Water (Inf) Milk	Bananas Milk	Apple Sauce & Graham Wafers Water (Inf) Milk	Kiwis & Whole Grain Crisp & Thin Crackers Water (Inf) Milk
LUNCH Meat/Alternative	Old Fashioned Bean-Barley Vegetable Soup WW Crackers Pears Milk	Chicken Mushroom Tetrizzini with Peas WW Bread Mandarins/ Clementine (Inf) Papaya Milk	Asian Stir Fry with Crispy Tofu Brown Rice Ancient Grains Bread Mangoes Milk	Jamaican Beef Stew with Mashed Potatoes (Lean Ground Beef) WW Dinner Rolls Sliced Honeydew Milk	Breaded Fish Fillets with Quinoa Rice Sweet Peas & Corn Rye Bread Peaches Milk
Afternoon Snack	Homemade Pumpkin Yogurt & Arrowroot Cookies Water	Sliced Apples & Cheddar Water	Spinach Dip & Multigrain Thin Buns Water	Homemade Sweet Potato Muffins Milk	Fruit Salad Milk



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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Life Multi-grain Cereal & Papaya Water (Inf) Milk	Bananas Milk	Applesauce & Arrowroot Cookies Water (Inf) Milk	Cheddar & Whole Grain Crisp & Thin Crackers with Pears Water (Inf) Milk	Homemade Spinach Dip & WW Soda Crackers Water (Inf) Milk
LUNCH Meat/ Alternative	Root-Harvest Soup & Cheddar Chunks WW Soda Crackers Peaches Milk	Homemade Chicken Quinoa Stew Prairie Bran Bread Cantaloupe Wedges Milk	Lentil/ Sweet-Potato Dhal with Brown Rice Naan Bread Sliced Kiwis Milk	Spaghetti & Meat Sauce (Lean Ground Beef) with Steamed Broccoli Sunflower-Flax Bread Mandarins/ Clementines Milk	Baked Lemon Tilapia with Curry Rice Green Beans & Steamed Carrots 12 Grain Bread Apple Slices Milk
Afternoon Snack	Greek Vanilla Yogurt with Raspberries & Hemp Hearts Water	Mango Salsa on Whole Grain Snackbread Crackers Water	Whole Grain Raisin Loaf & Pineapple Chunks Milk	Homemade 'Good Grains' Carrot Cookies Milk	Fruit Salad & Breton Crackers Water



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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice Chex & Mangos Water (Inf) Milk	Carrot Muffins Milk	Bananas with Wow Butter Milk	Sliced Honeydew & Whole Grain Crisp & Thin Crackers Water (I) Milk	Mango Salsa & WW Soda Crackers Water (I) Milk
LUNCH Meat/ Alternative	Hearty Pumpkin- Quinoa Soup WW Soda Crackers Peaches Milk	Chicken Frittata & Diced Carrots Greek Pita Bread Mandarins/ Clementines (Inf) Papaya Milk	Vegetarian Pad Thai (Tofu) & Broccoli Ancient Grains Bread Cantaloupe Wedges Milk	Classic Sloppy Joes (Lean Ground Beef) & Green Beans WW Hamburg Buns Applesauce Milk	Breaded Fillet of Fish & Boiled Buttered-Potatoes Sweet Peas & Corn Prairie Bran Bread Pineapple Chunks Milk
Afternoon Snack	Greek Vanilla Yogurt with Blueberries & Hemp Hearts Water	Homemade Green Pea Hummus & Naan Bread Water	Apple Slices & Cheddar Breton Crackers Water	Fresh Baked Earth Bars Milk	Fruit Salad Milk



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WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multi-Grain Cheerios & Pineapple Water (Inf) Milk	Kiwis & Whole Grain Crisp & Thin Crackers Water (Inf) Milk	Green Pea Hummus & WW Soda Crackers Water (Inf) Milk	Wow Butter on Graham Wafers & Pineapple Water (Inf) Milk	Applesauce & Arrowroot Cookies Water (Inf) Milk
LUNCH Meat/ Alternative	Orzo Vegetable Soup (Veggie Ground) WW Soda Crackers Peaches Milk	Hearty Chicken Chili (Lean Ground Chicken) WW Dinner Rolls Cantaloupe Milk	Cheesy Spinach Pizza (PS) Baby Carrots & Yellow Peppers (T) Steamed Carrots & Yellow Peppers (Inf) Steamed Carrots Bananas Milk	Korean Rice Bowls (Lean Ground Beef) Peas & Diced Carrots Sunflower-Flax Bread Mandarins/ Clementines Milk	Tuna-Potato Bake & Steamed Broccoli 12 Grain Bread Mangoes Milk
Afternoon Snack	Greek Vanilla Yogurt with Raspberries & Hemp Hearts Water	Homemade Cherry Chia Spread on Whole Grain Thin Bread Buns Milk	Cheddar & Cucumbers WW Crackers Water	Granny Smith Apple Crisp Milk	Fruit Salad Milk



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WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Life Multigrain Cereal & Papaya Water (Inf) Milk	Applesauce & Arrowroot Cookies Water (Inf) Milk	Cheddar & Cucs Whole Grain Crisp & Thin Crackers Water (Inf) Milk	Mandarins/ Clementines (Inf) Mangoes Breton Crackers Water (Inf) Milk	Cherry Chia Spread on Graham Wafers Water (Inf) Milk
LUNCH Meat/Alternative	Quinoa Vegetable Soup WW Soda Crackers Pears Milk	Chicken Haluski Casserole Rye Bread Bananas Milk	Vegetarian Stir Fry with Sudani Rice (Black Beans) WW Dinner Rolls Cantaloupe Wedges Milk	Meatloaf (Lean Ground Beef) & Mashed Sweet Potato Blend Peas 12 Prairie Bran Bread Sliced Kiwis Milk	'Tuna-Cado' Melts Green String Beans on WW Eng. Muffins Sliced Carrots Pineapple Rings Milk
Afternoon Snack	Greek Yogurt with Blueberries & Hemp Hearts Water	Edamame Spread on Naan Bread Milk	Whole Grain Raisin Cinnamon Bread & Pineapple Chunks Water	Pumpkin- Zucchini Bread Milk	Fruit Salad Milk