

Week One Winter Menu

Monday

Breakfast	Raisin Bran	Milk			
Lunch	Turkey & cheese melts	Salad	Mixed fruit	milk	
Snack	String cheese	crackers			

Tuesday

Breakfast	Oatmeal	Fruit	milk		
Lunch	Spaghetti	bread	Fruit	Milk	
Snack	Goldfish	Fruit			

Wednesday

Breakfast	English Muffin	Fruit	Milk		
Lunch	creamy chicken w/ rice and broccoli	Fruit		milk	
Snack	Nilla wafers	Fruit			

Thursday

Breakfast	Cereal Bar	Fruit	Milk		
Lunch	Refried Beans	tortillas	corn	Fruit	milk
Snack	Pretzels	cheese cubes			

Friday

Breakfast	Cheerios	Fruit	Milk		
Lunch	Chicken tenders	salad	mixed fruit	milk	
Snack	Graham Crackers	Fruit			

Week Two Winter Menu

Monday

Breakfast	Raisin Bran	Milk		
Lunch	Mac and Cheese	Green beans	Fruit	milk
Snack	Goldfish	apples		

Tuesday

Breakfast	Yogurt	Graham Crackers	milk	
Lunch	chicken parm	Fruit	milk	
Snack	Goldfish	banana		

Wednesday

Breakfast	bagel w/ cream cheese	Fruit	Milk	
Lunch	Cheese Quesadilla	corn	Fruit	milk
Snack	Graham Crackers	Fruit		

Thursday

Breakfast	Cereal bar	fruit	Milk	
Lunch	Chili	crackers	Fruit	Milk
Snack	Pretzels	cheese cubes		

Friday

Breakfast	Cheerios	Fruit	Milk	
Lunch	Cheesy potato w/ ham	salad	fruit	milk
Snack	Trail mix	Fruit		

Week Three Winter Menu

Monday

Breakfast	Raisin Bran	Milk		
Lunch	cheese pizza	mixed veggi Fruit		milk
Snack	graham cracker	Fruit		

Tuesday

Breakfast	waffles	Fruit	milk	
Lunch	Spaghetti bake	Fruit	Milk	
Snack	pretzel	cheese cubes		

Wednesday

Breakfast	English muffins	Fruit	Milk	
Lunch	Shepard pie	Fruit	milk	
Snack	goldfish	Fruit		

Thursday

Breakfast	cereal bar	Fruit	Milk	
Lunch	Cheesy Ravioli w/ sauce	peas	Fruit	milk
Snack	string cheese	crackers		

Friday

Breakfast	Cheerios	Fruit	Milk	
Lunch	goulash	Fruit	milk	
Snack	nilla wafers	Fruit		

Week Four Winter Menu

Monday

Breakfast	Raisin Bran	Fruit	Milk	
Lunch	turkey and cheese melt	mashed potatoes	Fruit	milk
Snack	Gold fish	Fruit		

Tuesday

Breakfast	oatmeal	Fruit		
Lunch	tortilla	beans	cheese	Fruit milk
Snack	nilla wafers	banana		

Wednesday

Breakfast	Cheese grits	fruit		
Lunch	grilled cheese sandwich	veggie soup	Fruit	milk
Snack	pretzels	cheese cubes		

Thursday

Breakfast	cereal bars	Fruit	Milk	
Lunch	lunchable pizza	peas	Fruit	milk
Snack	string cheese	crackers		

Friday

Breakfast	Cheerios	Fruit	Milk	
Lunch	chicken noodle casserole	Fruit	salad	milk
Snack	goldfish	apples		

Week Five Winter Menu

Monday

Breakfast	Raisin Bran	Milk		
Lunch	turkey Cheese	Crackers	Fruit	milk
Snack	goldfish	apples		

Tuesday

Breakfast	toast w/ cheese	Fruit	milk	
Lunch	goulash	Fruit	milk	
Snack	graham crackers	Fruit		

Wednesday

Breakfast	oatmeal	raisin	Milk	
Lunch	turkey cheese melts	mix veggie	mix fruit	milk
Snack	cheese	Fruit		

Thursday

Breakfast	cereal bar	Fruit	Milk	
Lunch	chicken noodle veggie soup	Fruit	milk	
Snack	nilla wafers	Fruit		

Friday

Breakfast	Cheerios	Fruit	Milk	
Lunch	Cheese pizza	salad	mix fruit	Milk
Snack	animal crackers	crackers		

Week Six Winter Menu

Monday

Breakfast	Raisin Bran	Milk		
Lunch	Tatertot casserole	Fruit	milk	
Snack	Animal crackers	Fruit		

Tuesday

Breakfast	English muffin	Fruit	milk	
Lunch	Sloppy joes	Rolls	Fruit	milk
Snack	cheese	crackers		

Wednesday

Breakfast	Oatmeal	Fruit	Milk		
Lunch	Chicken tenders	mash potatoes	green beans	Fruit	milk
Snack	Jello	(made w/ 100% juice)			

Thursday

Breakfast	Cereal bar	Fruit	Milk		
Lunch	Ravioli w/ sauce	Fruit	green beans	milk	
Snack	Nilla wafers	Fruit			

Friday

Breakfast	Cheerios	Fruit	Milk		
Lunch	Chili	crackers	mix fruit	milk	
Snack	String cheese	goldfish			