

Fall/Winter Menu

Week 1

November – April

Oct 16, Nov 13, Dec 11, Jan 8, Feb 5, Mar 4, Apr 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cereal (cheerios, rice krispies, shreddies) min 2 choices (3/4 cup/ child)</p> <p>Frozen Fruit (1/4c per child)</p> <p>2% Milk (1c/child)</p>	<p>Whole Wheat Bagels (1/2 per child)</p> <p>Butter, jam (on side)</p> <p>2 % Milk (1c/child)</p>	<p>Banana Lemon Loaf 1 Slice(45g/per child)</p> <p>2% milk (1c/child)</p>	<p>Apple Strudel (1 per child)</p> <p>2 % Milk (1c/child)</p>	<p>Fruit Tray (1/2c per child) <i>Oranges, Bananas</i></p> <p>Whole Wheat Toast (1 slice per child) 2 % Milk (1c/child)</p>
<p>Meatballs in tomato sauce (4 per child)</p> <p>Pasta (1/2c per child)</p> <p>Steamed mixed vegetable (1/3 cup per child)</p> <p>Seasonal Fruit (1/4 per child)</p> <p>Water</p>	<p>Potato and Cheddar Perogies (4 / child)</p> <p>Turkey Sausages (1/3c per child)</p> <p>Steamed Corn (1/3 c per child)</p> <p>Sour Cream (on side)</p> <p>Piece of Fruit</p> <p>Water</p>	<p>Battered Fish (2.5 oz baked weight/child)</p> <p>Sauce</p> <p>Rice (1/2c per child)</p> <p>Steamed peas (1/3c per child)</p> <p>Seasonal Fruit (1/4 per child)</p> <p>Water</p>	<p>Beef Lasagna (1c per child) Noodles – 1/2c per child Beef – ½ c per child Cheese – 1.5oz per child</p> <p>Steamed Carrots, Cauliflower, Broccoli (1/3 cup per child)</p> <p>Seasonal Fruit (1/4 per child)</p> <p>Water</p>	<p>Chicken & Cheese Sandwiches on w/w bread (1 per child) Chicken & Cheddar cheese (Together 2.5oz) 2 slices whole grain bread</p> <p>Cucumber slices (1/2 cup total/child)</p> <p>Piece of Fruit</p> <p>Water</p>
<p>Fruit Yogurt (1/2 c per child)</p> <p>Banana (1/2 per child)</p>	<p>Veggie Dip (2oz per child)</p> <p>Cucumber slices (1/4 c per child)</p> <p>Stoned Wheat Crackers (2 per child)</p>	<p>Raw Vegetables <i>Seasonal veggies, (steamed veggies for infants & Toddlers)</i> (1/2c per child)</p> <p>Whole Wheat Crackers* (6 per child)</p> <p>Ranch</p>	<p>Cubed Mozza Cheese (1oz per child- 6 pieces)</p> <p>Whole Wheat Crackers (6 per child)</p>	<p>Whole Wheat Pita Chips (6 per child (½ pita))</p> <p>Hummus (1/8 cup)</p> <p>Tzatziki (1/8 cup)</p>

Fall/Winter Menu

November – April

Week 2

Oct 23, Nov 20, Dec 18, Jan 15, Feb 12, Mar 11, Apr 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cereal (cheerios, rice krispies, shreddie) min 2 choices (3/4 cup/ child) Frozen Fruit (1/4c per child)</p> <p style="text-align: center;">2% Milk (1c per child)</p>	<p>Raisin Bread w/butter (1 slice/child) Mandarin Oranges (1 per child)</p> <p style="text-align: center;">2% milk (1c per child)</p>	<p>Blueberry Muffins (1/child) Apples (1/2 per child)</p> <p style="text-align: center;">2% Milk (1c per child)</p>	<p>Apple Sauce Breakfast Bowl (Oatmeal, apple sauce, fruit) (3/4c per child)</p> <p style="text-align: center;">2% Milk (1c per child)</p>	<p>Homemade Belgian Waffle (1/ child) Bananas (1/2 per child) Jam or Syrup Milk (1 c /child)</p>
<p>Beef Tortellini with Tomato Sauce Tortellini (1/2c per child) Sauce (1/2c per child)</p> <p>Steamed Broccoli and carrots (1/3c per child)</p> <p style="text-align: center;">Seasonal Fruit (1/4 per child) Water</p>	<p>Butter Chicken (1/2 cup per child) Mini Naan Brown Rice (1/2 cup per child)</p> <p>Steamed Mix Vegetable (1/3 c per child)</p> <p style="text-align: center;">Seasonal Fruit (1/4 per child) Water</p>	<p>Mexican Pizza (2 slices per child)</p> <p style="text-align: center;">Cucumbers (1/2 c per child)</p> <p style="text-align: center;">Piece of Fruit</p> <p style="text-align: center;">Water</p>	<p>Penne Pasta and Bolognese Sauce (1c per child) Whole wheat Penne Noodles (1/2c per child) Meat Sauce – beef, tomato sauce (1/2c per child) Steamed Peas (1/3c per child) Seasonal Fruit (1/4 per child) Water</p>	<p>Chicken Schnitzel (1/3c per child)</p> <p>Mashed Potatoes (1/2c per child) Gravy (on side) Steamed Beans (1/3c per child)</p> <p style="text-align: center;">Seasonal Fruit (1/4 per child) Water</p>
<p>Cheddar Cheese cube (1 oz per child- 6 pieces)</p> <p style="text-align: center;">Apples (1/2 per child)</p>	<p>Frozen Fieldberries (1/4 cup)</p> <p style="text-align: center;">Fruit Yogurt (1/2c per child)</p>	<p>Building Blocks Whole wheat crackers* (6 per child) Mozzarella Cheese cubes (1 oz per child- 6 pieces)</p> <p style="text-align: center;">Turkey Sausages (1/4c per child)</p>	<p>Tuna Spread (tuna and salad dressing) 1/4c per child Rice Cakes (6 small or 1 lrg per child)</p> <p style="text-align: center;">Cucumber slices (1/4 c per child)</p>	<p>Raw Vegetables Carrots, cherry tomatoes, broccoli (Steamed for infants/toddlers) (1/2c per child) Ranch Dip (on side) Whole Wheat Crackers (6 per child)</p>

Fall/Winter Menu

November – April

Oct 30, Nov 27, Dec 25, Jan 22, Feb 19, Mar 18, Apr 15

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cereal (cheerios, rice krispies, shreddies) min 2 choices (3/4 cup/ child)</p> <p>Frozen Fruit (1/4c per child)</p> <p>2% Milk (1c per child)</p>	<p>Whole Wheat Bagels (1/2 per child)</p> <p>Butter. Jam (on side)</p> <p>2% Milk (1c per child)</p>	<p>Banana Muffins (1 per child)</p> <p>2% Milk (1c per child)</p>	<p>Boiled Eggs (1 per child)</p> <p>Cheese cubes (6 per child)</p> <p>2% Milk (1c per child)</p>	<p>Fresh Fruit Tray Cantaloupe & Honeydew (1 cup per child)</p> <p>Plain Rice Cakes (6 small or 1 lrg per child)</p> <p>2% Milk (1c per child)</p>
<p>Meatballs in tomato sauce (4 per child)</p> <p>Brown Rice (1/2c per child)</p> <p>Steamed Peas (1/3c per child)</p> <p>Seasonal Fruit (1/4 per child)</p> <p>Water</p>	<p>Chicken Pasta with Cauliflower Cheese Sauce (Whole Wheat Noodles- 1/2 cup per child)</p> <p>Cauliflower Cheese Sauce (1/3 cup per child)</p> <p>Chicken (1/3c per child)</p> <p>Steamed Peas and Carrots (1/4 c per child)</p> <p>Seasonal Fruit (1/4 per child)</p> <p>Water</p>	<p>Cheese Pizza (2 slices per child)</p> <p>Cucumber slices (1/2 c per child)</p> <p>Banana (1 per child)</p> <p>Water</p>	<p>Sloppy Joes (Beef or turkey -1/2c per child)</p> <p>Whole Grain Dinner Roll (1/child)</p> <p>Steamed Corn (1/4c per child)</p> <p>Onion Ring (1 per child)</p> <p>2% Milk (1c per child)</p> <p>Seasonal Fruit (1/4 per child)</p>	<p>One Pot Beef Stew Beef Stew – 1/2c per child</p> <p>Couscous (1/2c per child)</p> <p>Cheddar Biscuits (1 per child)</p> <p>Seasonal Fruit (1/4 per child)</p> <p>Water</p>
<p>Mozzarella Cheese cubes (1 oz per child- 6 pieces)</p> <p>Mandarin Oranges (1 per child)</p>	<p>Cottage Cheese (1/2 cup/child)</p> <p>Melba Toast</p> <p>Cucumber slices (1/4 c per child)</p>	<p>Trail Mix Pretzels, Cheerios, Cranberries, raisins (3/4 cup per child)</p> <p>Banana ½ per child</p>	<p>Fresh Fruit Tray Cantaloupe, bananas , orange (1/2c per child)</p> <p>Whole wheat crackers* (6 per child)</p>	<p>Chicken and Cheese Quesadillas (1/2 large per child)</p> <p>Sour Cream</p> <p>Salsa</p>

Fall/Winter Menu
November – April

Week 4

Nov 6, Dec 4, Jan 1, Jan 29, Feb 26, Mar 25, Apr 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal (cheerios, rice krispies, shreddies) min 2 choices (3/4 cup per child) Frozen Fruit (1/4c per child) 2% milk (1c /child)	Fruit Yogurt (1/2c per child) Strawberries Granola (1/2 c per child) Water	Boiled Eggs (1/child) Apples (1/2c per child) 2% Milk (1c per child)	Whole Wheat Toast (1 slice/child) Butter and Jam (on side) 2% Milk (1c per child)	Pancake (1 per child) Fruit Tray (1/2c per child) 2% Milk (1c per child)
Cheese Tortellini with Tomato Sauce (1c per child) Tortellini - 1/2c Sauce – 1/2c Steamed Broccoli and carrots (1/3c per child) Seasonal Fruit (1/4 per child) Water	Sweet and Sour Chicken (1/3 cup per child) Rice (1/2 cup per child) Steamed Mix Vegetable (1/3 c per child) Vegetable Spring Roll (1 per child) Seasonal Fruit (1/4 per child) Water	Beef and Vegetable Bolognese (1/3c per child) Pasta (1/2c per child) Garlic Bread (1 per child) Steamed Vegetable (1/3c per child) Seasonal Fruit (1/4 per child)	Handmade Turkey burgers on whole wheat bun (1 per child) Turkey -2oz per child Cheese - 1 slice per child Tomatoes - 1 slice per child Pickles Potato (1/2 cup per child) Piece of fruit Water	Roast Turkey (2.5oz per child) Mashed Potatoes (1/2c per child) Steamed Veggies (1/2c per child) 2% Milk (1c per child) Seasonal Fruit (1/4 per child)
Homemade Oatmeal Raisin Cookies (1 per child) Bananas (1/2 per child)	Building Blocks Whole wheat crackers * (6 per child) Cheddar Cheese cubes (1 oz per child- 6 pieces) Turkey Sausages (1/4c per child)	Rice Cakes (6 small or 1 large) Bananas (1/2 per child)	Marble Loaf Cake (1 per child) Piece of Fruit (1 per child)	Toasted Raisin bread (1/child) Cream Cheese