

Creative Sprouts' Fall/Winter Menu

Week 1 Lunch and Snack Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Rice cakes & Applesauce	Crackers, Cream cheese and Jelly	Fruit & Cheerios	Cereal Bars	Yogurt Graham Crackers
LUNCH	Ham & Cheese Sandwich Fruit Veggie Milk	Chicken nuggets Roll Fruit Veggie Milk	Macaroni & Cheese Fruit Veggie Milk	BBQ Chicken Rice Fruit Veggie Milk	Pizza Fruit Veggie Milk
PM SNACK	Pretzels & Oranges	Apples & Cheese	Goldfish & Juice	Cheese-itz	Trail Mix

Week 2 Lunch and Snack Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal Bars & Apple-sauce	Bananas & Cheerios	Oatmeal w/Fruit	Graham Crackers & cream cheese	Cheerios Yogurt
LUNCH	Nut-Free butter & Jelly Sandwich Veggie Fruit Milk	Ziti & Meatballs Fruit Veggie Milk	Grilled Cheese Tomato Soup Fruit/Veggie Milk	Pancakes & Sausage Fruit Veggie Milk	Pizza Fruit Veggie Milk
PM SNACK	Goldfish Juice	Cheese-itz	Veggie Hummus & Crackers	Turkey, Cheese & Crackers	Trail Mix

Week 3 Lunch and Snack Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Yogurt & fruit	Apples & cheese	Rice cakes & jelly	Bananas & cheerios	Mini bagels & cream cheese
LUNCH	Turkey & Cheese Sandwich Fruit Veggie Milk	Ravioli Fruit Veggie Milk	Turkey tacos Veggie Fruit Milk	Cheese Quesadilla Fruit Veggie Milk	Pizza Fruit Veggie Milk
PM SNACK	Graham Crackers & Cream Cheese	Goldfish Juice	Pretzels & Oranges	Veggies hummus Crackers	Trail Mix Juice

Week 4 Lunch and Snack Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Rice cakes & Jelly	Pretzels & cheese	Graham Crackers Applesauce	Yogurt & Cheerios	Oatmeal w/Fruit
LUNCH	Nut-Butter & Jelly Sandwich Veggie Fruit Milk	Buttered noodles Fruit Veggie Milk	Chili Cornbread Fruit Veggie Milk	Grilled Cheese & Chicken Soup Fruit Veggie Milk	Pizza Fruit Veggie Milk
PM SNACK	Cheese-itz	Veggie Hummus Crackers	Crackers, Cream cheese & Jelly	Goldfish Juice	Trail Mix