



Creative Sprouts' Fall/Winter Menu



Week 1 Lunch and Snack Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	RICE CAKES W/SUN BUTTER	MINI MUFFINS JUICE	FRUIT SALAD CHEERIOS	GOLDFISH JUICE	YOGURT GRAHAM CRACKERS
LUNCH	HAM & CHEESE SANDWICH FRUIT VEGGIE MILK	TURKEY TACOS FRUIT VEGGIE MILK	MACARONI & CHEESE FRUIT VEGGIE MILK	CHICKEN & RICE FRUIT VEGGIE MILK	PIZZA FRUIT VEGGIE MILK
PM SNACK	PRETZELS FRUIT	HUMMUS W/VEGGIES CRACKERS	GOLDFISH & JUICE	CRACKERS & CHEESE	TRAIL MIX JUICE

Week 2 Lunch and Snack Menu

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	CEREAL BARS JUICE	CHEERIOS ORANGES	OATMEAL W/FRUIT	GRAHAM CRACKERS & APPLESAUCE	BANANAS YOGURT
LUNCH	CHICKEN PATTY FRUIT VEGGIE MILK	ZITI & MEATBALLS FRUIT VEGGIE MILK	GRILLED CHEESE TOMATO SOUP FRUIT VEGGIE MILK	BREAKFAST CASSEROLE FRUIT VEGGIE MILK	PIZZA FRUIT VEGGIE MILK
PM SNACK	GOLDFISH JUICE	PRETZELS COTTAGE CHEESE	VEGGIE STICKS HUMMUS	TURKEY & CHEESE CRACKERS	TRAIL MIX JUICE

Week 3 Lunch and Snack Menu

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	FRUIT SALAD CHEERIOS	CHEESE & WHEAT THINS	RICE CAKES W/SUN BUTTER	BANANAS & YOGURT	MINI MUFFINS APPLESAUCE
LUNCH	TURKEY & CHEESE SANDWICH FRUIT VEGGIE MILK	RAVIOLI BAKE FRUIT VEGGIE MILK	WHITE CHICKEN CHILI FRUIT VEGGIE MILK	CHEESE QUESADILLA FRUIT VEGGIE MILK	PIZZA FRUIT VEGGIE MILK
PM SNACK	GRAHAM CRACKERS CREAM CHEESE	GOLDFISH APPLES	PRETZELS & ORANGES	HUMMUS W/VEGGIES CRACKERS	TRAIL MIX JUICE

Week 4 Lunch and Snack Menu

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	FRUIT SALAD & CHEERIOS	PRETZELS & COTTAGE CHEESE	GRAHAM CRACKERS CREAM CHEESE	FRUIT & YOGURT PARFAITS	OATMEAL W/FRUIT
LUNCH	MEATBALL SUB FRUIT VEGGIE MILK	PASTA W/CREAM SAUCE FRUIT VEGGIE MILK	VEGGIE CHILI FRUIT VEGGIE MILK	GRILLED CHEESE & CHICKEN NOODLE SOUP FRUIT VEGGIE MILK	PIZZA FRUIT VEGGIE MILK
PM SNACK	CHEESE & CRACKERS	VEGGIE STICKS W/HUMMUS	TURKEY & CHEESE ROLL UPS	GOLDFISH JUICE	TRAIL MIX JUICE