

Fall Menu

Meal		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	Chex Cereal (WG) Bananas Milk	Ham Steak Hashbrowns Milk	Oatmeal (WG) Peaches Milk	Toast w/jam (WG) Pears Milk	French Toast Peaches Milk
	Lunch	Ham Lunchable (homemade) Crackers (WG) Cucumbers Apples Milk	Chicken & Rice (WG) Bell Peppers Pineapple	Beef Stir Fry over Noodles Broccoli Mandarins Milk	Beef Tacos (WG) Shredded Lettuce Tomatoes Milk	Dino Nuggets (WG) Corn Cantaloupe Milk
	Pm Snack	Cheese Cubes Raisins	Crackers (WG) Black Olives	Goldfish (WG) Apples	Yogurt Strawberries	Rice (WG) Edamame
Week 2	Breakfast	Cheerios (WG) Blueberries Milk	Pancakes Strawberries Milk	Cream of Wheat (WG) Mandarins Milk	Bagels (WG) Grapefruit Milk	Scrambled Eggs Hashbrowns Milk
	Lunch	Chicken Noddle Soup (WG) Peas + Carrots Milk	Turkey/Cheese Sandwich (WG) Carrots Bananas Milk	Shrimp Alfredo Asparagus Black Olives Milk	Turkey Breast Dinner Roll Corn Mashed Potatoes Milk	Beef Stir Fry over Rice (WG) Broccoli Mandarins
	Pm Snack	Graham Crackers Kiwi	Toast (WG) Avocado	What Thins Carrots & Hummus	Toast (WG) Bananas	Rice Cakes (WG) Dried Apricots
Week 3	Breakfast	Chex Cereal (WG) Bananas Milk	Oatmeal (WG) Strawberries Milk	Waffles Blueberries Milk	Blueberry Muffins Applesauce Milk	English Muffins (WG) Pears Milk
	Lunch	Ham Lunchable (homemade) Crackers (WG) Cucumbers Apples Milk	Chicken Ranch Wrap (WG) Shredded Lettuce Mandarins Milk	Salmon over Rice (WG) Asparagus Mandarins Milk	Baked Beans Cornbread Carrots Black Olives Milk	Cheeseburger (WG) Pickle Spears Cantaloupe Milk
	Pm Snack	Yogurt Peaches	Graham Crackers Dried Apricots	Crackers (WG) Tomato Soup	Rice (WG) Black Olives	Tostados Black Beans
Week 4	Breakfast	Cheerios (WG) Bananas Milk	Toast w/jam (WG) Honeydew Milk	Croissant Grapefruit Milk	Cream of Wheat (WG) Mandarins Milk	Boiled Eggs Strawberries Milk
	Lunch	Spaghetti w/Meatballs Green Beans Pineapple Milk	Turkey/Cheese Sandwich (WG) Carrots Bananas Milk	Sausage Jambalaya Rice (WG) Bell Peppers Celery Milk	Macaroni & Cheese Beef Franks Broccoli Cauliflower Milk	Grilled Ham/Cheese (WG) Tomato Soup Celery Milk
	Pm Snack	Rice (WG) Edamame	Yogurt Dried Apricots	Rice Cakes (WG) Bananas	Wheat Thins Raisins	Penne Pasta (WG) Tomato Sauce

All food items are cooked, steamed, and/or cut appropriately according to each age group.