

## Fall/Winter



Sat	Fri	Thu	Wed	Tue	Mon	Sun
	# Cereal	# Pancakes	# Cereal	# Biscuits	# Cereal	
	Ham Sandwich Salad Fruit	Meat & Rice Casserole Fruit/Juice	Raviolis Veggies Fruit	Burritos Rice/ Fruit Juice	Chicken Alfredo Veggies Fruit	
	# Cereal	# French Toast	# Cereal	# Engl. Muffins	# Cereal	
	Deli Wraps Veggies Fruit	Spaghetti w/ Meat Sauce/ Veggies Fruit/ Juice	Fish Sticks French Fries Fruit	Chicken Quesad. Rice/ Fruit Juice	Spaghetti O's Veggies Fruit	
	# Cereal	# Waffles	# Cereal	# Bagels	# Cereal	
	Turkey Sandwich Salad Fruit	Hamburgers Fries/ Fruit Juice	Lasagna Veggies Fruit	Tacos Rice/ Fruit Juice	Mac and Cheese Veggies Fruit	
	# Cereal	# Muffins	# Cereal	# Cinn. Rolls	# Cereal	
	Meat Cheese& Crackers Veggies/ Fruit	Cheeseburger Mac Veggies/ Fruit Juice	Chicken Nuggets French Fries Fruit	Chicken Noodle Soup w/ Crackers Fruit/ Juice	Scalloped Potatoes w/ Ham Fruit	
	# Cereal  Deli Wraps Veggies Fruit  # Cereal  Turkey Sandwich Salad Fruit  # Cereal  Meat Cheese& Crackers	# French Toast  Spaghetti w/ Meat Sauce/ Veggies Fruit/ Juice  # Waffles  Hamburgers Fries/ Fruit Juice  # Muffins  Cheeseburger Mac Veggies/ Fruit	# Cereal  Fish Sticks French Fries Fruit  # Cereal  Lasagna Veggies Fruit  # Cereal  Chicken Nuggets French Fries	# Engl. Muffins  Chicken Quesad. Rice/ Fruit Juice  # Bagels  Tacos Rice/ Fruit Juice  # Cinn. Rolls  Chicken Noodle Soup w/ Crackers	# Cereal  Spaghetti O's Veggies Fruit  # Cereal  Mac and Cheese Veggies Fruit  # Cereal  \$ Cereal  Scalloped Potatoes w/ Ham	