

Menu Plan FALL & WINTER MENU

WEEK THREE

SNACK A.M.

| | |
|--|------------------------------|
| Serve one of at least THREE food groups | Vegetables, Fruit, Juices |
| | Whole Grain, Breads, Cereals |
| | Meat and Alternates |
| | Milk and Milk products |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|-------------------|-----------------|--------------|--------------|
| Raisins | Banana | Juice | Juice | Strawberries |
| Multigrain Cheerios | Blueberry Muffins | Graham Crackers | Min Bagels | Pancakes |
| ***** | ***** | ***** | ***** | Syrup |
| Milk | Milk | Flavored yogurt | Cream Cheese | Milk |

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| | Meat and Alternates |
| | Milk and Milk products |

| | | | | |
|-------------------|---------------------------------|--------|-----------------|-------------------|
| Tomato Sauce | Carrots, Celery Onions & Garlic | Pears | Pizza Sauce | Carrots |
| Whole Wheat Pasta | Noodles & Crackers | Baking | Buns | Stone Wheat Thins |
| ***** | Chicken Broth | ***** | ***** | |
| Milk | Milk | Milk | Shredded Cheese | Cheese & Dip |

Chicken Noodle Soup

| | |
|------------------|--|
| Comments: | Where no milk or juice is named water will be served Baking Wednesday *Mary* |
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Mary Pancakes- Friday

Menu Plan FALL & WINTER MENU

WEEK FOUR

SNACK A.M.

| | |
|--|------------------------------|
| Serve one of at least THREE food groups | Vegetables, Fruit, Juices |
| | Whole Grain, Breads, Cereals |
| | Meat and Alternates |
| | Milk and Milk products |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|-----------------|-----------------|------------------|-----------------|
| Dried Cranberries | Bananas | Apples | Juice | Jam |
| Cereal | Graham Crackers | Graham Crackers | Melba Toast | English Muffins |
| Brown Sugar | **** | **** | Hard Boiled Eggs | Sunbutter |
| Milk | Butter & Milk | Yogurt | Milk | Milk |

SNACK P.M.

| | |
|--|------------------------------|
| Serve one of at least THREE food groups | Vegetables, Fruit, Juices |
| | Whole Grain, Breads, Cereals |
| | Meat and Alternates |
| | Milk and Milk products |

| | | | | |
|--------------------|--------|---------|------------|---------------|
| Carrots & Broccoli | Pears | Oranges | Cucumbers | Tomato Soup |
| Crackers | Baking | Baking | Perogies | Fish Crackers |
| Hummus | **** | **** | **** | **** |
| **** | Milk | Milk | Sour Cream | Milk |

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|------------------|---|
| Comments: | Where no milk or juice is named water will be served Baking Wednesday *Mayling* |
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***Baking Tuesday- Rainbow Room ***