

Menu Plan FALL & WINTER MENU

WEEK TWO

SNACK A.M.

<p>Serve one of at least THREE food groups</p>	Vegetables, Fruit, Juices
	Whole Grain, Breads, Cereals
	Meat and Alternates
	Milk and Milk products

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dried Cranberries	Pears	Banana	Fruit Cocktail	Apples & Jam
Rice Krispies	Mini Bagels	Raisin Toast	Graham Crackers	Bannock
*****	*****	*****	*****	Sunbutter
Milk	Cream Cheese Milk	Butter Milk	Milk	Milk

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Peas, Carrots, Corn & Green Beans	Fruit	Oranges	Salsa & Juice	Raisin, Banana Chips (dehydrated)
Brown Rice	Trail Mix: cherrios, chocolate chips, shreddiees raisins, fish crackers, pretzels	Baking	Tortilla Chips	Pretzels
Soya Sauce		*****	*****	*****
Milk	Milk	Milk	Shredded Cheese	Milk

Comments:	<p>Where no milk or juice is named water will be served Baking Wednesday *Huong*</p>
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Mary Bannock- Friday

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WEEK ONE

SNACK A.M.

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	Meat and Alternates
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Raisins	Juice	Fruit Sauce	Juice	Blueberries
Cereal	Naan Bread	Graham Crackers	Rice Cakes	Waffles & Syrup
****	Sun butter & Honey	****	****	****
Milk	****	Milk	Flavoured Yogurt	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 & Cucumbers	Broccoli	Peaches	Carrots	Salsa
Stone Wheat Thins	Macaroni	Baking	Stone Wheat Thins	Tortilla Wraps
Turkey Lunch Meat	****	****	Eggs & Mayo	Beans
Milk	Shredded Cheese	Milk	****	Sour Cream & Shredded Cheese

Mac and Cheese

Egg Salad

Quesidellas

Comments:	Where no milk or juice is named water will be served Baking Wednesday *Natalia*
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