



# FRESH MEALS

Fall/Winter

WEEK 1

**Breakfast**

**Lunch**

**Snack 1**

**Snack 2**

***Veggie  
Lunch***

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack 1</b>	<b>Snack 2</b>	<b><i>Veggie Lunch</i></b>
<b>Monday</b> 	Cereal w/ Milk Fresh Fruit Milk	Chicken & Spinach Penne Alfredo Cooked Vegetables Milk	Fruit Vegetable Loaf or Muffins Water	Cheese Deli Meat Crackers Water	Spinach Penne Alfredo Cooked Vegetables Milk
<b>Tuesday</b> 	French Toast Yogurt Milk	Beef Stir-fry w/ Vegetables Noodles & WW Bread Milk	Cheese Whole Wheat Crackers Water	Apple Sauce Granola Bar Water	Stir-fry w/ Vegetables Noodles & WW Bread Milk
<b>Wednesday</b> 	Oatmeal Fresh Fruit Milk	Chicken & Vegetable Soup Deli Meat, Vegetable & Cheese Sandwiches Milk	Graham Crackers or Rice Cakes Applesauce Water	Fruit Cup WW Crackers Water	Vegetable Soup Vegetable & Cheese Sandwiches Milk
<b>Thursday</b> 	WW Pancakes Fresh Fruit Milk	Beef Noodle Casserole Vegetables Milk	Pretzels Veggies & Dip Water	Fruit Sauce Baked Muffins Water	Cheese Noodle Casserole Vegetables Milk
<b>Friday</b> 	Scrambled Eggs Toast w/ Butter Milk	Chicken & Cheese Quesadilla Rice & Cooked Vegetables Milk	Fruit Vegetable Loaf or Muffins Water	Cheese Deli Meat Crackers Water	Cheese Quesadilla Rice & Cooked Vegetables Milk