



FRESH MEALS

Fall/Winter

WEEK 1

Breakfast

Lunch

Snack 1

Snack 2

***Veggie
Lunch***

	Breakfast	Lunch	Snack 1	Snack 2	<i>Veggie Lunch</i>
Monday 	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
Tuesday 	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
Wednesday 	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
Thursday 	WW Pancakes Fresh Fruit Milk	Beef Noodle Casserole Vegetables Milk	Pretzels Veggies & Dip Water	Fruit Sauce Baked Muffins Water	Cheese Noodle Casserole Vegetables Milk
Friday 	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



FRESH MEALS

Fall/Winter

WEEK 2

Breakfast

Lunch

Snack 1

Snack 2

***Veggie
Lunch***

	Breakfast	Lunch	Snack 1	Snack 2	<i>Veggie Lunch</i>
Monday	Cereal w/ Milk Fresh Fruit Milk	Spaghetti Beef Bolognese Cooked Vegetables Milk	Fruit Vegetable Loaf or Muffins Water	Cheese Deli Meat Crackers Water	Spaghetti Bolognese Cooked Vegetables Milk
Tuesday	French Toast Yogurt Milk	Pineapple Chicken & Assorted Vegetables Rice & WW Bread Milk	Cheese Whole Wheat Crackers Water	Apple Sauce Granola Bar Water	Assorted Vegetables Rice & WW Bread Milk
Wednesday	Oatmeal Fresh Fruit Milk	Chicken & Vegetable Stew Mashed Potatoes Milk	Graham Crackers or Rice Cakes Applesauce Water	Fruit Cup WW Crackers Water	Vegetable Stew Mashed Potatoes Milk
Thursday	WW Pancakes Fresh Fruit Milk	Chicken Noodle Casserole Vegetables Milk	Pretzels Veggies & Dip Water	Fruit Sauce Baked Muffins Water	Cheese Noodle Casserole Vegetables Milk
Friday	Boiled Eggs Buttered Toast Milk	Homemade Chicken Fingers Baked Fries & Cooked Vegetables Milk	Fruit Vegetable Loaf or Muffins Water	Cheese Deli Meat Crackers Water	Baked Fries Cooked Vegetables Milk