

<b>Fall/Winter Menu – Week 1</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
<b>Mid-morning snack</b>	Assorted Fruit Yogurt with Arrowroot Cookies and water	Bagels with cream cheese, and water	Cereal with milk, bananas and water	Muffins with apple sauce and water	Hard boiled eggs with cheese, crackers and water
<b>Lunch</b>	Chicken Noodle Soup with Grilled Cheese Sandwiches, fruit, water and milk	Lasagna with Caesar Salad, Garlic Bread, fruit, water and milk	Fish Nuggets, rice, mixed vegetables, crusty rolls, fruit, water and milk	Chicken Bacon Ranch Casserole, Harvest Vegetables, fruit, water and milk	Hearty Soup with a variety of Deli Sandwiches, fruit, water and milk
<b>Mid-afternoon snack</b>	Hummus with crackers, veggie sticks and water	Rice Cakes with fresh Fruit and water	Fish Crackers with vegetable tray and water	Haystack Oatmeal Cookies with Bananas and water	Veggie Straws with Apple Slices and water  ***Popcorn for FDK and School Age***

### Fall/Winter Menu – Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
<b>Mid-morning snack</b>	Trail Mix with mandarin oranges, and water	Oatmeal with blueberries and water	Fruit smoothies with graham crackers and water	Cereal with milk, bananas and water	Loaf Bread, apple slices and water
<b>Lunch</b>	Beef Stroganoff, Harvest Vegetables, fruit, water and milk	Tomato Macaroni Soup, Tuna Melts, fruit, water and milk	Chili with crusty rolls, chesse and pickle platter, fruit, water and milk	Chicken and Biscuit bake, garden salad, fruit, water and milk	Pepperoni Pizza with Caesar Salad, fruit, water and milk
<b>Mid-afternoon snack</b>	Garlic Bread, vegetable platter and water	Assorted Fruit Yogurt with Fish Crackers and water	Crackers with cheese and water	Homemade cookies with veggie sticks and water	Nachos with cheese, salsa, sour cream and water  ***Veggie Straws for infant and toddlers***