



# Fall/Winter Menu

(October – March)

Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-Morning Snack</b>	Milk Unsweetened Apple Sauce and Cheese Cubes	Milk Yogurt And Melon	Milk Whole Grain Bagels with Plain Cream Cheese	Milk Fruit Salad and Melba Toast	Milk Banana Bread and Apples
<b>Lunch Meat or Alternative</b>	Baked Chicken Fingers	Beef Shepherd's Pie	Cabbage Rolls (pork/beef)	Pepperoni Pizza	Chicken Breast
<b>Grain Products</b>	Baked Whole Wheat Macaroni and Cheese	Whole Wheat Bread and Mashed Potatoes (on shepherd's pie)	Brown Rice	Whole Wheat Pita (Pizza Crust)	Brown Rice
<b>Vegetable</b>	Cooked Vegetables	Cooked Vegetable	Cooked Vegetable	Cooked Vegetable and Garden Salad (cherry tomatoes, cucumbers and peppers)	Cooked Vegetable
<b>Dairy Product</b>	Milk Cheese (on noodles)	Milk	Milk	Milk Pizza Topping (Mozzarella Cheese)	Milk
<b>Seasonal Fruit</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Other Foods</b>	Plum Sauce			Oil and Balsamic Salad Dressing	
<b>Mid-Afternoon Snack</b>	Water Hummus and Whole Wheat Pita	Water Crackers and Cheese	Water Hard Boiled Eggs and Dill Pickles	Water Vegetable Tray with Dip and Fish Crackers	Water 3 Bean Blend and Melba Toast

\*Water is available for the children to drink any time throughout the day.



# Fall/Winter Menu

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Week 2
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Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-Morning Snack</b>	Milk Cheerios and Oranges	Milk Muffins (apple butter bran with raisins/ pineapple carrot) and Apples	Milk 9 Grain Toast with Butter and Apples	Milk Yogurt and Melon	Milk Melba Toast and Apples
<b>Lunch Meat or Alternative</b>	Ham	Turkey Sausage on a Bun	Pork and Beef Bolognese	Baked Chicken Burgers	Baked Breaded Haddock
<b>Grain Products</b>	Mashed Potatoes	Whole Wheat Buns	Whole Wheat Pasta	Baked Sweet Potato Fries and Whole Wheat Buns	Brown Rice
<b>Vegetable</b>	Cooked Vegetables	Tomato Soup and Cooked Vegetable	Cooked Vegetable	Cooked Vegetable	Cooked Vegetable
<b>Dairy Product</b>	Milk	Milk	Milk	Milk	Milk
<b>Seasonal Fruit</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Other Foods</b>	Plum Sauce			Plum Sauce	
<b>Mid-Afternoon Snack</b>	Water Red and Green Peppers with Pretzels	Water Fish Crackers and Cheese	Water Vegetable Tray with Hummus	Water Crackers and Cucumbers	Water Whole Wheat Pita, Cheese and Olives

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# Fall/Winter Menu

(October – March)

Week 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-Morning Snack</b>	Milk Fruit Salad and Yogurt	Milk Whole Wheat Bagels with Cream Cheese	Milk Cheerios and Melon	Milk Banana Bread and Apples	Milk 9 Grain Toast with Fruit Jam and Melon
<b>Lunch Meat or Alternative</b>	Veggie Wraps with 3 Bean Blend (seperate from wrap)	Chicken A La King	Mini Quiche with Broccoli and Cheese	Meatballs (pork/beef blend)	Meatloaf (Beef)
<b>Grain Products</b>	Brown Rice and Whole Wheat Wrap	Whole Wheat Pasta	Quiche Shell	Whole Wheat Pasta	Mashed Potatoes
<b>Vegetable</b>	Wrap Fillings (spinach, tomato, peppers, cucumbers and aioli)	Cooked Vegetable	Cooked Vegetable	Tomato Sauce and Cooked Vegetable	Cooked Vegetable
<b>Dairy Product</b>	Milk Mozzarella Cheese (in wrap)	Milk	Milk Cheese (in quiche)	Milk	Milk
<b>Seasonal Fruit</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Other Foods</b>					
<b>Mid-Afternoon Snack</b>	Water Cucumbers and Crackers	Water Hummus and Whole Wheat Pita	Water Vegetable Tray with Dip and Pretzels	Water Red and Green Peppers with Fish Crackers	Water Melba Toast with Cherry Tomatoes and Cheese

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# Fall/Winter Menu

(October – March)

Week 4

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-Morning Snack</b>	Milk Fruit Salad and Cheese Cubes	Milk Oatmeal with Maple Syrup and Apples	Milk Cheerios and Oranges	Milk Unsweetened Apple Sauce and Cheese Cubes	Milk Yogurt and Melon
<b>Lunch Meat or Alternative</b>	Chicken Stir-fry	Hamburgers (Beef Patty)	Tuna Sandwiches	Chicken Quesadilla	Ham
<b>Grain Products</b>	Brown Rice	Whole Wheat Buns	Whole Wheat Bread	Brown Rice Whole Wheat Tortilla	French Toast on Whole Wheat Bread
<b>Vegetable</b>	Vegetables in Stir-fry	Baked Sweet Potato Fries with Cooked Vegetable	Vegetable Soup and Cherry Tomatoes	Cooked Vegetable Peppers and Tomatoes (in quesadilla)	Cooked Vegetable
<b>Dairy Product</b>	Milk	Milk	Milk	Milk Cheese (in quesadilla)	Milk
<b>Seasonal Fruit</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Other Foods</b>				Salsa	Maple Syrup
<b>Mid-Afternoon Snack</b>	Water Hard Boiled Eggs and Dill Pickles	Water Crackers and Cheese	Water Whole Wheat Pita and Cucumbers	Water Vegetable Tray with Dip and Pretzels	Water Tomatoes and Cucumbers with Cheese

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