



Fall / Winter Menu

(October – March)

Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Apple Sauce and Cheese Cubes	Milk Melon and Melba Toast	Milk Yogurt and Granola	Milk Special K Cereal and Oranges	Milk Fruit Salad
Lunch Meat or Alternative	Chicken Breast	Cabbage Rolls	Shepherd's Pie	Pepperoni and cheese Pita Pizza	Meat Tray (Ham, Chicken, Summer Sausage)
Grain Products	Rye Bread	Brown Rice	Whole Wheat Bread	Whole Wheat Pita	Whole Wheat Macaroni and Cheese
Vegetable	Cooked Vegetable Baked Potatoes	Cooked Vegetable	Cooked Vegetable	Cooked Vegetable Caesar Salad	Cooked Vegetable
Dairy Product	Milk	Milk	Milk	Milk Cheese	Milk Melted Cheese
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods				Caesar Salad Dressing	Ketchup
Mid-Afternoon Snack	Water Vegetable Tray, Dip and Pretzels	Water Meat Tray (Ham, Summer Sausage), Cheese and Golden Sesame Crackers	Water Hummus and Whole Wheat Pita	Water Cherry Tomatoes, Cheddar Cheese Cubes, and Melba Toast	Water Celery Sticks, Cream Cheese and Raisins (ants on a log)



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Week 2

(October – March)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Banana Bread and Grapes	Milk Whole Grain Bagels with Plain Cream Cheese	Milk Bananas and Yogurt Dip	Milk Fruit Yogurt	Milk Fruit Salad and Melba Toast
Lunch Meat or Alternative	Ham	Meat Balls & Tomato Sauce	Beef Stew	Chicken Fingers	Sandwiches (Ham and Cheese, Summer Sausage, and Tuna)
Grain Products	Rye Bread	Whole Wheat Pasta	Whole Wheat Bun	Brown Rice	Whole Wheat Bread
Vegetable	Mashed Potatoes Cooked Vegetable	Caesar Salad Cooked Vegetable	Cooked Vegetable	Cooked Vegetable	Turkey Vegetable Soup
Dairy Product	Milk	Milk	Milk	Milk	Milk Cheese
Fruit or Occasional Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
Other Foods		Caesar Salad Dressing		Plum Sauce	
Mid-Afternoon Snack	Water Red and Green Peppers, Dip and Melba Toast	Water Vegetable Tray , Dip and Fish Crackers	Water Cucumbers, Cream Cheese and Melba Toast	Water Hard Boiled Eggs, Pickles and Crackers	Water Cheese, Pepperoni and Golden Sesame Crackers



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Week 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Fruit Salad	Milk Melba Toast and Oranges	Milk Special K Cereal and Apples	Milk Banana Bread and Grapes	Milk Applesauce and Cheese
Lunch Meat or Alternative	Grilled Cheese Meat Tray (Chicken, Ham, Summer Sausage)	Chicken a la King	Baked Breaded Haddock	Meat Loaf	Turkey Sausage on a bun
Grain Products	Whole Wheat Bread	Egg Noodles	Brown Rice	Whole Grain Bread	Whole Wheat Bread
Vegetable	Cooked Vegetable	Cooked Vegetable Garden Salad	Cooked Vegetable	Sweet Potato Fries Cooked Vegetable Garden Salad	Tomato Soup Cooked Vegetable
Dairy Product	Milk Cheese	Milk	Milk	Milk	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods	Ketchup	Olive Oil and Balsamic Vinegar Dressing	Vegetable Dip	Olive Oil and Balsamic Vinegar Dressing	Mustard Ketchup
Mid-Afternoon Snack	Water Celery Sticks, Cream Cheese and Raisins (ants on a log)	Water Hummus and Whole Wheat Pita	Water Vegetable Tray, Dip and Golden Sesame Crackers	Water Red and Green Peppers, Dip and Fish Crackers	Water Cucumbers, Cream Cheese and Melba Toast



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Week 4

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Fruit Salad	Milk Banana and Berry Muffins	Milk Shreddies and Melon	Milk Applesauce and Cheese Cubes	Milk Cheerios and Bananas
Lunch Meat or Alternative	Ham	Roast Beef and Gravy	Pork Schnitzel	Chicken Quesadilla (Chicken, Peppers & Cheese)	Asian Stir-fry with Chicken
Grain Products	French Toast on Whole Wheat Bread		Rye Bread	Rice, Whole Wheat Tortilla	Brown Rice
Vegetable	Cooked Vegetables	Mashed Potatoes Cooked Vegetables	Potato Wedges Cooked Vegetables	Cooked Vegetables	Veggies in stir-fry Garden salad
Dairy Product	Milk	Milk	Milk	Milk Cheese	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods	Maple Syrup	Gravy		Salsa Vegetable Dip	Olive Oil and Balsamic Vinegar Dressing
Mid-Afternoon Snack	Water Red and Green Peppers, Dip and Pita	Water Cheese, pepperoni and Golden Sesame Crackers	Water Cherry Tomatoes, Cheddar Cheese Cubes, and Melba Toast	Water Vegetable Tray, Dip and Gold Fish Crackers	Water Meat Tray (Ham, Summer Sausage) Cheese and Golden Sesame Crackers