



| Fall/Winter Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|---|--|--|
| Week One | | | | | |
| <i>Morning Snack</i> | <u>Cereal & Milk</u> | <u>Yogurt Parfait</u> | <u>Toast & Fruit</u> | <u>Vegetable Muffins</u> | <u>Tea Biscuits</u> |
| Grain: | Cereal | Granola | Whole wheat bread | Whole wheat flour | Whole wheat flour |
| Vegetable/Fruit: | Bananas | Berries | Oranges | Apples | Grapes |
| Dairy: | Milk | Yogurt | Milk, Butter | Milk | Milk, Butter |
| <i>Lunch</i> | <u>Curried Lentils & Salad</u> | <u>Tuna Sandwiches & Squash Soup</u> | <u>Sweet & Sour Pork with Rice</u> | <u>Spaghetti & Salad</u> | <u>Rice Noodles & Chicken with Vegetable Stir Fry</u> |
| Grain: | Whole wheat bread | Whole wheat bread | Rice | Pasta | Rice noodles |
| Meat/Alternative: | Lentils | Tuna | Pork | Meat sauce | Chicken |
| Vegetable/Fruit: | Carrots, tomato sauce, fresh salad Blueberries | Squash, onions Apples | Seasonal fruit/ Vegetable | Tomato sauce, garden salad Applesauce | Green beans, bell peppers, onions, mushrooms, Apples |
| Dairy: | Milk | Milk | Milk | Milk | Milk |
| <i>Afternoon Snack</i> | <u>Pumpkin Muffins</u> | <u>Vegetables & Dip with Naan Bread</u> | <u>Homemade Granola Bars</u> | <u>Rice Cakes With Homemade Jam</u> | <u>Homemade Bread & Tzatziki</u> |
| Grain/Protein: | Whole wheat flour, oats | Whole wheat naan | Oats, seeds | Rice cakes | Whole wheat flour |
| Vegetable/Fruit: | Pumpkin puree | Raw vegetables | Berries | Seasonal fruit | Apples, cucumbers |
| Dairy: | Milk | Sour cream | Milk | Milk | Yogurt |



| Fall/Winter Menu Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-------------------------------------|---|--|--|
| <i>Morning Snack</i> | <u>Yogurt & Granola</u> | <u>Oatmeal Muffins</u> | <u>Cereal & Milk</u> | <u>Tea Biscuits</u> | <u>French Toast</u> |
| Grain: | Granola | Oatmeal muffin | Cereal | Biscuits | French toast |
| Vegetable/Fruit: | Berries | Fruit | Fruit | Fruit | Blueberries |
| Dairy: | Yogurt | Milk | Milk | Milk | Milk |
| <i>Lunch</i> | <u>Tomato & Bean Soup & Grilled Cheese Sandwiches</u> | <u>Beef Noodle Casserole</u> | <u>Baked Salmon & Rice</u> | <u>Chicken Souvlaki & Greek Salad</u> | <u>Vegetarian Chili</u> |
| Grain: | Whole wheat bread | Pasta | Rice | Pita bread | Garlic bread |
| Meat/Alternative: | Cheese, beans | Beef | Salmon | Chicken | Beans |
| Vegetable/Fruit: | Tomato soup Seasonal fruit | Vegetables, fruit | Green peas, apples | Cucumbers, lettuce, Seasonal fruit | Corn, tomato sauce Seasonal fruit |
| Dairy: | Milk | Milk | Milk | Milk, sour cream, feta cheese | Milk |
| <i>Afternoon Snack</i> | <u>Zucchini Loaf</u> | <u>Hard Boiled Eggs</u> | <u>Raspberry Oatmeal Squares</u> | <u>Bruschetta on Cucumber Slices</u> | <u>Banana & Chia Seed Rollups</u> |
| Grain/Protein: | Whole wheat flour | Eggs | Oats, whole wheat flour | Cheese | Chia seeds, whole wheat tortilla |
| Vegetable/Fruit: | Zucchini, veggie slices | Fruit | Fruit | Cucumber slices, tomatoes | Bananas |
| Dairy: | Milk | Cheese | Milk | Milk | Milk, butter |



| Fall/Winter Menu Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|---------------------------------------|
| <i>Morning Snack</i> | <u>Cereal & Milk</u> | <u>Cinnamon Toast</u> | <u>Hard Boiled Eggs</u> | <u>Bagels & Cream Cheese</u> | <u>Blueberry Muffins</u> |
| Grain/Protein: | Cereal | Whole wheat bread | Eggs | Bagels | Whole wheat flour |
| Vegetable/Fruit: | Bananas | Apples | Berries | Grapes | Blueberries, orange slices |
| Dairy: | Milk | Milk | Milk | Milk, cream cheese | Milk |
| <i>Lunch</i> | <u>Turkey Meatloaf</u> | <u>Bramboracka & Chicken Sandwiches</u> | <u>Vegetarian Lasagna</u> | <u>Baked Fish & Rice</u> | <u>Hamburgers & Salad</u> |
| Grain: | Homemade bread | WW bread | Lasagna noodles | Rice | Buns |
| Meat/Alternative: | Turkey meatloaf | Chicken | Beans, Cheese | White fish | Beef burgers |
| Vegetable/Fruit: | Mashed potatoes, green beans Seasonal fruit | Potato soup, carrots, onions mushrooms Fruit | Tomato sauce, vegetables, Caesar salad Seasonal fruit | Squash Seasonal fruit | Spinach salad Seasonal fruit |
| Dairy: | Milk | Milk | Milk | Milk | Milk |
| <i>Afternoon Snack</i> | <u>Cranberry Shortbread Squares</u> | <u>Fruit salad & Cheese Slices</u> | <u>Frozen Yogourt Bars</u> | <u>Applesauce & Cheese</u> | <u>Spinach Dip & Bread</u> |
| Grain/Protein: | Whole wheat flour | Cheese | Rice crackers | Cheese | Whole wheat bread |
| Vegetable/Fruit: | Cranberries | Apples, grapes, berries | Berries | Applesauce | Raw vegetables |
| Dairy: | Milk | Milk | Greek yogurt | Milk | Sour cream |



| Fall/Winter Menu Week Four | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|---|
| <i>Morning Snack</i> | <u>Toast & Fruit</u> | <u>Carrot Muffins & Fruit</u> | <u>Fruit Sundaes</u> | <u>Bagels & Cream Cheese</u> | <u>English Muffins & Fruit</u> |
| Grain: | WW Toast | WW Flour | Granola | Bagels | English muffins |
| Vegetable/Fruit: | Bananas | Apples, carrots | Berries | Grapes | Oranges |
| Dairy: | Milk | Milk | Greek yogurt | Milk, cream cheese | Milk, butter |
| <i>Lunch</i> | <u>Pancakes & Turkey</u> | <u>Cornbread Vegetable Pot Pie</u> | <u>Macaroni & Cheese with Beans</u> | <u>Fish Tacos With Rice</u> | <u>Chicken Fettuccine Alfredo</u> |
| Grain: | Pancakes | Bread | Pasta | Whole wheat tortillas, rice | Noodles |
| Meat/Alternative: | Minced turkey | Eggs | Cheese,beans | Fish | Chicken |
| Vegetable/Fruit: | Mixed veggies Berries | Mixed veggies Grapes | Green peas Bananas | Corn, lettuce Applesauce | Broccoli Seasonal Fruit |
| Dairy: | Milk | Milk | Milk | Milk, sour cream | Milk, cream sauce |
| <i>Afternoon Snack</i> | <u>Applesauce & Homemade Cookies</u> | <u>Brownies and fruit</u> | <u>Apple Crisp & Cheese</u> | <u>Fresh Veggies, Pita Chips, & Cheese Dip</u> | <u>Bramborak</u> |
| Grain/Protein: | WW Flour | Whole wheat flour | Oats | Pita chips | Eggs |
| Vegetable/Fruit: | Applesauce | Berries | Apples | Cucumbers, bell peppers | Potatoes, berries |
| Dairy/Alternative: | Milk | Milk | | Cheese Dip | Milk |



| Fall/Winter Menu Week Five | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|----------------------------------|--|--|--|
| <i>Morning Snack</i> | <u>Muffins & Fruit</u> | <u>Cereal & Fruit</u> | <u>Oatmeal & Fruit</u> | <u>Toast & Fruit</u> | <u>Cinnamon Bagel Sticks</u> |
| Grain: | WW flour | Cereal | Oatmeal | WW bread | Bagels |
| Vegetable/Fruit: | Apples | Berries | Berries | Oranges | Grapes |
| Dairy: | Milk | Milk | Milk | Milk | Milk |
| <i>Lunch</i> | <u>Chicken Noodle Soup & Homemade Bread</u> | <u>Baked Fish Bowl</u> | <u>Taco Bake & Broccoli</u> | <u>Tuna Fettuccine & Caesar Salad</u> | <u>Bean, Lentil, & rice Casserole</u> |
| Grain: | Pasta, whole wheat bread | Rice | Whole wheat tortilla | Pasta, croutons | Rice |
| Meat/Alternative: | Chicken | White fish | Ground pork | Tuna | Beans, lentils |
| Vegetable/Fruit: | Carrots, celery, onion Bananas | Green beans Seasonal fruit | Corn, onions, tomatoes, broccoli. Grapes | Lettuce Apples | Mixed vegetables Berries |
| Dairy: | Milk | Milk | Milk | Milk, parmesan cheese, creamy dressing | Milk |
| <i>Afternoon Snack</i> | <u>Cheese with Veggies.</u> | <u>Bread Pudding</u> | <u>Yogurt Fruit Parfait</u> | <u>Pita Bread & Hummus</u> | <u>Cucumber Roll Ups</u> |
| Grain/Protein: | Cheese | Whole wheat bread | N/A | Pita bread, chickpeas | Whole wheat tortillas |
| Vegetable/Fruit: | Cucumbers, peppers | Apples | Berries | Raw vegetables | Cucumbers, oranges |
| Dairy/Other: | Water | Milk | Greek yogurt | Milk | Cream Cheese |



| Fall/Winter Menu Week Six | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|--|
| <i>Morning Snack</i> | <u>Cereal & Milk</u> | <u>English Muffins</u> | <u>Yogurt Parfait</u> | <u>French Toast & Syrup</u> | <u>Toast & Cheese</u> |
| Grain: | Cereal | English Muffins | Granola | WW bread, eggs | Whole wheat bread |
| Vegetable/Fruit: | Berries | Bananas | Berries | Grapes | Apples |
| Dairy: | Milk | Milk | Greek yogurt | Milk | Cheese |
| <i>Lunch</i> | <u>Hungarian Goulash</u> | <u>Lasagna & Caesar Salad</u> | <u>Battered White Fish & Rice</u> | <u>Cream of Broccoli Soup & Chicken Salad Sandwiches</u> | <u>Cheese & Vegetable Quesadillas with Rice</u> |
| Grain: | Whole wheat bread | Pasta, croutons | Rice, bread crumbs | Whole wheat Bread | Rice, WW tortillas |
| Meat/Alternative: | Beef, beef broth | Ground turkey | White fish, egg | Chicken | Cheese, beans |
| Vegetable/Fruit: | Onions, carrots, potatoes, tomatoes Seasonal fruit | Lettuce, tomato sauce Apples Milk, parmesan cheese, dressing | Seasonal vegetables Oranges | Broccoli Berries | Mixed vegetables Watermelon |
| Dairy: | Milk | Milk | Milk | Milk, cream | Milk |
| <i>Afternoon Snack</i> | <u>Carrot Muffins</u> | <u>Pita Bread & Red Pepper Dip</u> | <u>Boiled Eggs & Fruit</u> | <u>Oatmeal Cranberry Cookies</u> | <u>Lemon Blueberry Loaf & Veggies</u> |
| Grain/Protein: | Whole wheat flour | Pita bread | Eggs | Whole wheat flour, oats | WW flour |
| Vegetable/Fruit: | Carrots, bananas | Red pepper dip Cucumbers Sour cream | Pears | Cranberries, grapes | Raw vegetables, blueberries |
| Dairy: | Milk | Milk | Water | Milk | Water |