



Fall/Winter Menu Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<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	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	Tomato sauce, vegetables, Caesar salad Seasonal fruit	Squash Seasonal fruit	Spinach salad Seasonal fruit
Dairy:	Milk	Fruit 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	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, 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	Pears	Cranberries, grapes	Raw vegetables, blueberries
Dairy:	Milk	Sour cream	Water	Milk	Water