

Winter 2019 Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	A.M Snack	A.M Snack	A.M Snack	A.M Snack
Oatmeal Fruit Milk	Ginger Scones Fruit Milk	Applesauce Arrowroot Milk	Fruit Pizza Milk	Boiled Eggs Wraps Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Tomato Tortellini Soup Crackers Fruit Milk	Asian Crusted Salmon Pasta Fruit Milk	Chicken & Waffles Cooked Vegetables Fruit Milk	Pesto Pasta Cooked Veggies Fruit Milk	Broccoli Cheddar Soup Dinner Rolls Fruit Milk
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Tuna Salad Triscuits Veggies Water	Yogurt Fruit Water	Crackers Dip Veggies Water	Chocolate Dip Graham Crackers Fruit Water	Dry Cereal Mix Fruit Water

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	A.M Snack	A.M Snack	A.M Snack	A.M Snack
Cereal Fruit Milk	Pumpernickel Bread Marmalade Fruit Milk	Cream of Wheat Fruit Milk	Crackers Fruit Milk	Yogurt Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Pasta E Faggioli Soup Fruit Milk	Tuna Sandwich Veggies Fruit Milk	Cold Pizza Bar Veggies Fruit Milk	Red Lentil Soup Dinner Rolls Fruit Milk	Beef & Cabbage Casserole Cooked Vegetables Fruit Milk
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Dill Dip Bagel Veggies Water	Crackers Veggies Water	Hummus Naan Bread Vegetables Water	Rice Pudding Fruit Water	Pumpkin Dip Graham Crackers Water

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	A.M Snack	A.M Snack	A.M Snack	A.M Snack
Cereal Fruit Milk	Toast Margarine Fruit Milk	Boiled Eggs English muffin Fruit Milk	Banana Jam Wraps Fruit Milk	Pumpkin Muffins Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Tuna Pasta Cooked Vegetables Fruit Milk	Chicken & Cheese Tortellini Soup Fruit Milk	Bean Burrito Cooked Vegetables Fruit Milk	Vegetable Chili Bread Fruit Milk	Chicken Pizza Pasta Caesar Salad Fruit Milk
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Toasted Bagel Cinnamon Spread Fruit Water	Cheese Crackers Veggies Water	Apple Slices Dip Graham Cracker Water	Nuts & Bolts Veggies Water	Fruit Salad Graham Crackers Water

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	A.M Snack	A.M Snack	A.M Snack	A.M Snack
Crackers Fruit Milk	Waffles Syrup Fruit Milk	Bagels Margarine Fruit Milk	English Muffins Jam Fruit Milk	Flourless Chocolate Muffins Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Macaroni & Cheese Cooked Vegetables Fruit Milk	Tuna Cakes Dinner Rolls Cooked Vegetables Fruit Milk	Baked French Toast Frozen Berries Milk	Taco Pasta Cooked Vegetables Fruit Milk	Squash Soup Rye Bread Fruit Milk
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Buffalo Dip Naan Bread Veggies Water	Yogurt Fruit Water	Vegetables Crackers Dip Water	Applesauce Arrowroot Water	Cream Cheese Jam Wraps Fruit Water

Vegetables could be: peppers, carrots, cucumber, tomatoes, celery, corn, peas carrots, broccoli, cauliflower, etc.

Fruit could be: apples, pears, grapes, varieties of melons, bananas, oranges

All bread products are whole wheat (where available) Alternative meals will be provided for allergy and cultural reasons