

FALL/WINTER MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal with milk, fruit bowl	Oatmeal with flaxseed, fruit bowl	Vegetable scrambled eggs	Cottage cheese and crackers, fruit bowl	Fruit smoothies and graham crackers
Protein/Allergy Alternative			Fruit yogurt and Digestive cookies		
Vegetable/Fruit	Fruit bowl	Fruit bowl	Vegetables/ Fruit	Fruit bowl	Fruit in smoothies
Grain	Cereal	Oatmeal, flaxseed		Crackers	Graham crackers
Protein	Milk		Eggs, yogurt	Cottage cheese	Greek yogurt
LUNCH	Pork tenderloin pasta, peaches	Vegetable chili, bread, bananas	Tuna mac and cheese, stewed tomatoes, kiwi	Sausage, rice, sauerkraut, pierogies	Chicken sloppy Joe's, clementines
Vegetable/Fruit	Vegetables in pasta	Vegetables in chili	Stewed tomatoes	Sauerkraut	Vegetables in sloppy Joe mix
Vegetable/Fruit	Peaches	Bananas	Kiwi	Potatoes in pierogies	Clementines
Whole Grain	Penne noodles	Bread	Elbow macaroni	Rice	Bun
Protein/ Alternative	Pork/ Tofu	Beans	Tuna, cheese	Sausages/ Veggie sausages	Chicken/ Beans
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Applesauce and Arrowroot cookies	Cucumber, ham and cheese mini sliders	Spinach dip and pita bread	Corned beef pizza swirls, fruit bowl	Pumpkin muffins and cheese slices
Protein/Allergy Alternative		Cheese		Cheese	
Vegetable/Fruit	Applesauce	Cucumbers	Spinach	Fruit bowl	Pumpkin
Grain	Arrowroot cookies		Pita bread	Puff pastry	Muffins
Protein		Ham, cheese	Greek yogurt	Corned beef, cheese	Cheese

FALL/WINTER MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Oat bran cereal, fruit bowl	Fruit yogurt with Arrowroot cookies	Waffles and fruit compote	Toast with avocado	Bagel with Wow Butter, fruit bowl
Protein/Allergy Alternative			Applesauce and digestive cookies		
Vegetable/Fruit	Fruit bowl	Fruit in yogurt	Fruit compote/Applesauce	Avocado	Fruit bowl
Grain	Oat bran	Arrowroot cookies	Digestive cookies	Bread	Bagel
Protein		Yogurt			Wow Butter
LUNCH	Chicken noodle soup, celery bread, honeydew	Beans, toast, fall mixed vegetables, peaches	Cabbage casserole, mashed rutabaga	Vegetable egg strata, pears	Pepperoni and cheese English muffin pizza, Caesar salad, pineapple
Vegetable/Fruit	Vegetables in soup	Mixed vegetables	Cabbage	Vegetables in strata/Cucumbers	Caesar salad
Vegetable/Fruit	Honeydew	Peaches	Rutabaga	Pears	Pineapple
Whole Grain	Pasta, celery bread	Bread	Rice	Bread (in strata)	English muffin
Protein/Alternative	Chicken/Tofu	Beans	Ground beef/Veggie ground	Egg/Wow Butter	Pepperoni/Cheese
Dairy	Milk	Milk	Milk	Milk	Milk/Cheese
PM SNACK	Rice cakes with Wow Butter, fruit bowl	Bits and Bites, fruit bowl	Tuna melts on Melba toast	Sweet potato wedges with Greek yogurt dip	Pitas and guacamole
Protein/Allergy Alternative			Cheese on Melba toast		
Vegetable/Fruit	Fruit bowl	Fruit bowl	Vegetables in tuna	Sweet potatoes	Avocado
Grain	Rice cake	Crackers, cheerios	Melba toast		
Protein	Wow Butter		Tuna/Cheese	Greek yogurt	Pitas

FALL/WINTER MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal and milk, fruit bowl	Pancakes and applesauce	Cottage cheese, English muffin, fruit bowl	Mini vegetable quiche	Oatmeal and flaxseed, fruit bowl
Meat/Allergy Alternative				Applesauce and Arrowroot cookies,	
Vegetable/Fruit	Fruit bowl	Applesauce	Fruit bowl	Vegetables in eggs/Applesauce	Fruit bowl
Grain	Cereal	Pancakes	English muffin	Tart shell/Arrowroot cookies	Oatmeal, flaxseed
Protein	Milk		Cottage cheese	Eggs	
LUNCH	Shrimp tacos, cantaloupe	Grilled ham and cheese, tomato soup, kiwi	Chicken and cheese quesadilla, salsa, bananas	Lentil stew, dinner roll, apples	Shepard's pie, squash, bread
Vegetable/Fruit	Coleslaw on tacos	Tomatoes	Salsa	Vegetables in stew	Vegetables in pie
Vegetable/Fruit	Cantaloupe	Kiwi	Banana	Apples	Squash
Whole Grain	Taco shell	Bread	Tortillas	Dinner roll	Bread
Protein/Alternative	Shrimp/Tofu	Ham, cheese	Chicken, cheese	Lentils	Ground beef/Veggie ground
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Pita bread with salsa	Crackers, cheese, cucumber and peppers	Banana bread, fruit bowl	Cucumber slices and artichoke dip	Rice cakes with Wow Butter, fruit bowl
Meat/Allergy Alternative					
Vegetable/Fruit	Salsa	Cucumber, peppers	Bananas, fruit bowl	Artichoke, cucumbers	Fruit bowl
Grain	Pita	Crackers	Bread		Rice cake
Protein		Cheese		Greek yogurt	Wow Butter

FALL/WINTER MENU WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Waffles with applesauce	Fruit yogurt, Arrowroot cookies	English muffin with Wow Butter, fruit bowl	Oat bran cereal, fruit bowl	French toast, fruit bowl
Meat/Allergy Alternative					Toast with Wow Butter
Vegetable/Fruit	Applesauce	Fruit in yogurt	Fruit bowl	Fruit bowl	Fruit bowl
Grain	Waffle	Arrowroot cookies	English muffin	Cereal	Bread/ Toast
Protein		Yogurt	Wow Butter		Egg/ Wow Butter
LUNCH	Chicken cacciatore, pears	Egg frittata, bread and butter, hashbrowns	Pancakes, sausage, peach compote, mixed berries	Potato and broccoli soup, grilled Reuben sandwich	Beef lasagna, grapes
Vegetable/Fruit	Vegetables in cacciatore	Vegetables in frittata/ Burritos	Peach compote	Potatoes, broccoli	Vegetables in lasagna
Vegetable/Fruit	Pears	Hashbrowns	Mixed berries	Sauerkraut	Grapes
Whole Grain	Rice	Bread	Pancakes	Bread	Pasta
Protein/ Alternative	Chicken/Tofu	Egg/ Bean Burritos	Sausage/ Veggie sausage	Beef, Swiss cheese/ Wow Butter	Ground beef/ Veggie ground
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Crab dip and Kohlrabi sticks	Pizza toast, fruit bowl	Pumpkin muffins, cheese slices	Bean dip, celery and carrot sticks	Applesauce, Digestive cookies
Meat/Allergy Alternative	Spinach dip	Cheese toast			
Vegetable/Fruit	Kohlrabi/ Spinach	Fruit bowl	Pumpkin in muffins	Celery, carrots	Applesauce
Grain		Bread	Muffin		Digestive cookies
Protein	Crab, Greek Yogurt	Pepperoni, Cheese	Cheese	Beans	

FALL/WINTER MENU WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Oatmeal, apples	Fruit smoothies, graham crackers	Toast, avocado	Cottage cheese, melba toast, fruit bowl	Rice cakes with Wow Butter, fruit bowl
Meat/Allergy Alternative					
Vegetable/Fruit	Apples	Fruit	Avocado	Fruit bowl	Fruit bowl
Grain	Oatmeal	Graham crackers	Toast	Melba toast	Rice cake
Protein		Greek yogurt		Cottage cheese	Wow Butter
LUNCH	Pork stir fry, clementines	Minestrone soup, bread slice, pineapple	Fish, peas, potato wedges, dinner roll	Spaghetti with meat sauce, fall mixed vegetables, honeydew	Chicken alfredo, broccoli, mandarin oranges
Vegetable/Fruit	Vegetables in stir fry	Vegetables in soup	Peas	Mixed vegetables	Broccoli
Vegetable/Fruit	Clementines	Pineapple	Potato wedge	Honeydew	Mandarin oranges
Whole Grain	Rice	Pasta, bread	Dinner roll	Pasta	Pasta
Protein/Alternative	Pork/Beans	Beans	Fish/Veggie nuggets	Beef/Veggie ground	Chicken/Tofu
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Sweet potato wedges with Greek yogurt dip	Salsa and crackers	Deviled eggs, peppers	Bits and Bites, fruit bowl	Pita bread with guacamole
Meat/Allergy Alternative			Cottage cheese, peppers		
Vegetable/Fruit	Sweet potato	Salsa	Peppers	Fruit bowl	Avocado
Grain		Crackers		Crackers, cheerios	Pita bread
Protein	Greek yogurt		Eggs/Cottage cheese		

FALL/WINTER MENU WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Bagel with Wow Butter, fruit bowl	French toast, fruit bowl	Oat bran cereal, fruit bowl	Pancakes, applesauce	Banana and Wow Butter pinwheels
Meat/Allergy Alternative		Cottage cheese, toast, fruit bowl			
Vegetable/Fruit	Fruit bowl	Fruit bowl	Fruit bowl	Applesauce	Banana
Grain	Bagel	Bread	Cereal	Pancakes	Tortilla
Protein	Wow Butter	Egg/Cottage cheese			Wow Butter
LUNCH	Chicken fingers, fries, dinner roll, apples	Black bean burritos, Caesar salad	Vegetable quiche/Quesadilla, bread slice, strawberries	Meatloaf, sweet potatoes, rice, pears	Sausage penne soup, croissants, grapes
Vegetable/Fruit	Fries	Vegetables in burrito	Vegetables in quiche	Sweet potatoes	Vegetables in soup
Vegetable/Fruit	Apples	Caesar salad	Strawberries	Pears	Grapes
Whole Grain	Dinner roll	Tortilla	Bread/Tortilla	Rice	Croissants
Protein/Alternative	Chicken/Veggie nuggets	Black beans	Egg/Cheese	Beef/Veggie ground	Sausage/Veggie sausage
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Crackers, cheese, cucumber slices	Zucchini carrot loaf	Fruit yogurt and granola	Tuna salad wraps	Bean dip and pita bread, fruit bowl
Meat/Allergy Alternative				Chicken salad wraps/Veggie wraps	
Vegetable/Fruit	Cucumber	Zucchini, carrot	Fruit in yogurt	Vegetables in salad/wrap	Fruit bowl
Grain	Crackers	Bread	Granola	Tortilla	Pita bread
Protein	Cheese		Yogurt	Tuna/Chicken	Beans