



Fall Menu: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs with Ham and Cheese Fresh Fruit	Oatmeal with Apples and Cinnamon	WG Toast and Cheese with Apple Juice	Sheet pan Pancake and Blueberries	Life Cereal or Raisin Bran and Fresh Fruit Cubs: Cheerios
LUNCH	Buttered Noodles with Parmesan Oven Roasted Broccoli Fresh Fruit	Hawaiian Turkey Meatballs and Rice Peppers Fresh Fruit	Chicken Cacciatore Brown Rice Green Beans Fresh Fruit	Beef Taco Pie Black Beans Corn Fresh Fruit	Wholegrain Fish Sticks Peas Fresh Fruit
AFTERNOON SNACK	Cheese Cubes & Crackers	Soft Baked Pretzels & Apple Sauce	Banana & Graham Crackers	Yoghurt & Muffins	Cheese & Croissants

MILK OR MILK ALTERNATIVES ARE SERVED WITH BREAKFAST AND LUNCH



Fall Menu: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	English Muffins, Slice of Cheese and Ham or/and Jam Fresh Fruit	Overnight Berry Oatmeal	Hardboiled Eggs WG Toast Oranges	Biscuits Cheese Fresh Fruit	Fun Fruit Breakfast Pizza
LUNCH	Cheese Tortellini Marinara & Parmesan Steamed Broccoli Fresh Fruit	WG Grilled Ham and Cheese Baby Tomatoes Fresh Fruit	Chicken Stir Fry & Rice with Mixed Veggies Fresh Fruit	Broccoli Cheddar Soup with a WG Roll Fresh Fruit	Cheese Pizza Edamame & Corn Salad Fresh Fruit
AFTERNOON SNACK	Cheese and Grapes Snack Cup	Dried Fruit and Cereal Snack Cup	Bananas Crackers	Pita and Hummus	Muffins and Chocolate Milk

MILK OR MILK ALTERNATIVES ARE SERVED WITH BREAKFAST AND LUNCH



Fall Menu: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Turkey Sausage WG Toast	Bagels and Cream Cheese	Scrambled Eggs English Muffin and Jam	Oatmeal and Berries	Banana Yoghurt Parfait
LUNCH	Lasagna Sliced Cucumbers Fresh Fruit	WG Breaded Chicken Strips Pineapple Coleslaw	Chili with Hidden Veggies & Beans Corn Bread Fresh Fruit	Chicken Alfredo, Hidden Veggies Fettucine or Rice Fresh Fruit	Nachos Beans, Cheese & Corn Fresh Fruit
AFTERNOON SNACK	Baked Soft Pretzels & Apple Sauce	Cheese and Crackers	WG Pancakes and Bananas	Pita and Hummus	Croissants and Chocolate Milk

MILK OR MILK ALTERNATIVES ARE SERVED WITH BREAKFAST AND LUNCH



Fall Menu: Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast Burrito Fresh Fruit	Biscuits and Bacon Fresh Fruit	French Toast Breakfast Casserole Berries	Cinnamon Raisin Toast Fresh Fruit	Raisin Bran/ Life Cereal Cubs: Cheerios Fresh Fruit
LUNCH	Spaghetti Bolognese With Hidden Veggies Fresh Fruit	Cream Cheese and Ham Tortilla Roll Ups Cucumbers Fresh Fruit	Turkey Meatballs WG Roll Cucumbers Fresh Fruit	Meatloaf Sweet potato fries Fresh Fruit	Mac and Cheese and Green Peas Fresh Fruit
AFTERNOON SNACK	Strawberry Cream Cheese Mini Bagel	Goldfish and Raisins	Jam Sandwiches	Apple Slices and Cheese	Ham Croissants

MILK OR MILK ALTERNATIVES ARE SERVED WITH BREAKFAST AND LUNCH