

Fall/Winter Menu



WEEK 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Assorted Cereal Milk	Waffle with Syrup Milk	Whole Wheat Toast with butter and Scrambled Eggs Milk	Mini Croissants with cream cheese Milk	Cinnamon Raisin Toast with Butter Milk
Lunch	Greek Style Chicken with Lemon herb rice with steamed vegetables Milk	Creamy Roasted Carrot Soup with Cheese Quesadilla Milk	Fish Nuggets with Roasted Potatoes and Vegetables Milk	Beef and Vegetable Chili served over rice Milk	Meatballs with Marinara sauce and pasta Milk
Afternoon Snack	Crackers and Cheese Cubes Seasonal Fresh Fruit/Vegetables Water	Party mix Seasonal Fresh Fruit/Vegetables Water	Homemade banana oatmeal cookies Seasonal Fresh Fruit/Vegetables Water	Assorted Yogurt Arrowroot cookies Seasonal Fresh Fruit/Vegetables Water	Banana Cake Seasonal Fresh Fruit/Vegetables Water

WEEK 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Assorted Cereal Milk	Pancakes with Syrup Milk	Toasted Bagels with cream cheese Milk	Breakfast Muffins Milk	French Toast With Syrup Milk
Lunch	Macaroni and Cheese with buttered peas Milk	Homemade Chicken noodle soup with fresh Garlic Bread Milk	Orange Ginger Chicken with Rice and Steamed Vegetables Milk	Cheese Pizza with fresh vegetable sticks and dip Milk	Swedish Meatballs with Rice and Vegetables Milk
Afternoon Snack	Mini Naan Bites with Spinach Dip Seasonal Fresh Fruit/Vegetables Water	Zucchini Bread Seasonal Fresh Fruit/Vegetables Water	Whole Wheat Wrap with Cream Cheese Seasonal Fresh Fruit/Vegetables Water	Assorted Yogurt with Homemade granola Seasonal Fresh Fruit/Vegetables Water	Cereal Trail Mix Seasonal Fresh Fruit/Vegetables Water

(*) The infant menu can slightly be changed according the infant's needs. Milk is provided throughout the day as needed.

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WEEK 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Assorted Cereal Milk	Waffle with Syrup Milk	Whole Wheat Toast with butter and Scrambled Eggs Milk	Mini Croissants with cream cheese Milk	Cinnamon Raisin Toast with Butter Milk
Lunch	Fettuccini Alfredo with Steamed Vegetables Milk	Meat Lasagna Steamed Vegetables Milk	Baked Basa Fish Mashed potatoes and Vegetables Milk	Creamy Pea Soup with Cheese Omelette Milk	Barbeque Chicken with Rice Milk
Afternoon Snack	Crackers and Cheese Cubes Seasonal Fresh Fruit/Vegetables Water	Party mix Seasonal Fresh Fruit/Vegetables Water	Homemade banana oatmeal cookies Seasonal Fresh Fruit/Vegetables Water	Assorted Yogurt Arrowroot cookies Seasonal Fresh Fruit/Vegetables Water	Banana Cake Seasonal Fresh Fruit/Vegetables Water

WEEK 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Assorted Cereal Milk	Pancakes with Syrup Milk	Toasted Bagels with cream cheese Milk	Breakfast Muffins Milk	French Toast With Syrup Milk
Lunch	Creamy Tomato Soup with Grilled Cheese Milk	Penne Pasta in Beef and Tomato Sauce with Vegetables Milk	Lemon Chicken with Rice Garden Salad Milk	Chicken Nuggets with Vegetables and Roasted Potatoes Milk	Cheese Pizza with fresh vegetable sticks and dip Milk
Afternoon Snack	Mini Naan Bites with Spinach Dip Seasonal Fresh Fruit/Vegetables Water	Zucchini Bread Seasonal Fresh Fruit/Vegetables Water	Whole Wheat Wrap with Cream Cheese Seasonal Fresh Fruit/Vegetables Water	Assorted Yogurt with Homemade granola Seasonal Fresh Fruit/Vegetables Water	Cereal Trail Mix Seasonal Fresh Fruit/Vegetables Water

(*) The infant menu can slightly be changed according the infant's needs. Milk is provided throughout the day as needed.