

 **FALL/WINTER MENU**

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| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | OatmealSeasonal Fruit | Pancakes with SyrupSeasonal Fruit | Cereal Bars | Cinnamon Raisin BagelSeasonal Fruit | Breakfast on a Stick with syrup Cheese Toast\*  |
| **LUNCH** | Meatballs with GravyVeggie Patty\*White RiceSeasonal Fruit | Bean & Cheese BurritoCornSeasonal Fruit | Steak Fingers/ Veggie Sticks\*Mashed PotatoesSeasonal Fruit | Baked ZitiSalad/Peas\*\*Seasonal Fruit | Grilled CheeseTomato SoupSeasonal Fruit |
| **SNACK** | Blueberry Muffin | Rice Krispy Treats Seasonal Fruit | Celery with Ranch/ Ritz Crackers\*\*Seasonal Fruit | Graham CrackersApplesauce | Cheese-ItsSeasonal Fruit |
| **WEEK 2** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | CerealSeasonal Fruit | French Toast Sticks w/ syrup | Apple Muffin Seasonal Fruit | Toast & Eggs | English Muffin with JamSeasonal Fruit |
| **LUNCH** | Chicken Pot/ Vegetable Pot Pie\*Mixed Vegetables Seasonal Fruit | BBQ Chicken StripsBBQ Meatless Nuggets\*Coleslaw/ Corn\*\*Seasonal Fruit | LasagnaGreen BeansSeasonal Fruit | Chicken FriesVeggie Sticks\*Vegetable MedleySeasonal Fruit | Fish Sticks/ Veggie Sticks\*Broccoli Florets/ Cooked Broccoli\*\*Seasonal Fruit |
| **SNACK** | Pita Bread W/ Hummus | Jello with Mixed Fruit | Cheerios and Raisins | YogurtSeasonal Fruit | Teddy GrahamsSeasonal Fruit |
| **WEEK 3** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Cream of WheatSeasonal Fruit | Yogurt W/ GranolaSeasonal Fruit | Fruit and Cheese Danish | Blueberry BagelSeasonal Fruit | Cinnamon RollSeasonal Fruit |
| **LUNCH** | Pot Roast/ Meatless NuggetMashed Potatoes Seasonal Fruit | Chicken Crispito/ Cheese Quesadilla\*Spanish RiceSeasonal Fruit | Mini Corn Dogs/ Vegetable StickCorn Seasonal Fruit | Grilled Chicken/ Veggie PattyStir Fry VegetablesSeasonal Fruit | Mac & CheeseCarrotsSeasonal Fruit |
| **SNACK** | Corn Muffin with Honey | Vanilla Pudding Seasonal Fruit | Rice CakesSeasonal Fruit | Animal CrackersApplesauce | GoldfishString Cheese |
| **WEEK 4** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Cereal Seasonal Fruit | Kolaches /Cheese Toast\*Seasonal Fruit | Bran MuffinSeasonal Fruit | Waffles with Syrup | Biscuits with Jelly |
| **LUNCH** | Cheese Ravioli w/ MarinaraPeasSeasonal Fruit | King Ranch Chicken CasseroleMeatless King Casserole\*Green BeansSeasonal Fruit | Chicken NuggetsMeatless Nuggets\*CarrotsSeasonal Fruit | Vegetarian Chili Dog BakeTater TotsSeasonal Fruit | Vegetable Stew Corn MuffinsSeasonal Fruit |
| **SNACK** | PretzelsSeasonal Fruit | Pizza Sticks | Ritz W/ Cheese Slices | YogurtTrail Mix | Vanilla WafersSeasonal Fruit |

**THIS SCHOOL IS A PEANUT FREE SCHOOL**

\*Vegetarian option

\*\* Children under two

 (Cereal can be a substitute breakfast item at all times) Milk served with lunch

Updated July 24, 2017

Effective: August 28, 2017