

**FALL/WINTER MENU**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Oatmeal  Seasonal Fruit | Pancakes with Syrup  Seasonal Fruit | Cereal Bars | Cinnamon Raisin Bagel  Seasonal Fruit | Breakfast on a Stick with syrup  Cheese Toast\* |
| **LUNCH** | Meatballs with Gravy  Veggie Patty\*  White Rice  Seasonal Fruit | Bean & Cheese Burrito  Corn  Seasonal Fruit | Steak Fingers/ Veggie Sticks\*  Mashed Potatoes  Seasonal Fruit | Baked Ziti  Salad/Peas\*\*  Seasonal Fruit | Grilled Cheese  Tomato Soup  Seasonal Fruit |
| **SNACK** | Blueberry Muffin | Rice Krispy Treats  Seasonal Fruit | Celery with Ranch/ Ritz Crackers\*\*  Seasonal Fruit | Graham Crackers  Applesauce | Cheese-Its  Seasonal Fruit |
| **WEEK 2** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Cereal  Seasonal Fruit | French Toast Sticks w/ syrup | Apple Muffin  Seasonal Fruit | Toast & Eggs | English Muffin with Jam  Seasonal Fruit |
| **LUNCH** | Chicken Pot/ Vegetable Pot Pie\*  Mixed Vegetables  Seasonal Fruit | BBQ Chicken Strips  BBQ Meatless Nuggets\*  Coleslaw/ Corn\*\*  Seasonal Fruit | Lasagna  Green Beans  Seasonal Fruit | Chicken Fries  Veggie Sticks\*  Vegetable Medley  Seasonal Fruit | Fish Sticks/ Veggie Sticks\*  Broccoli Florets/ Cooked Broccoli\*\*  Seasonal Fruit |
| **SNACK** | Pita Bread W/ Hummus | Jello with Mixed Fruit | Cheerios and Raisins | Yogurt  Seasonal Fruit | Teddy Grahams  Seasonal Fruit |
| **WEEK 3** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Cream of Wheat  Seasonal Fruit | Yogurt W/ Granola  Seasonal Fruit | Fruit and Cheese Danish | Blueberry Bagel  Seasonal Fruit | Cinnamon Roll  Seasonal Fruit |
| **LUNCH** | Pot Roast/ Meatless Nugget  Mashed Potatoes  Seasonal Fruit | Chicken Crispito/ Cheese Quesadilla\*  Spanish Rice  Seasonal Fruit | Mini Corn Dogs/ Vegetable Stick  Corn  Seasonal Fruit | Grilled Chicken/ Veggie Patty  Stir Fry Vegetables  Seasonal Fruit | Mac & Cheese  Carrots  Seasonal Fruit |
| **SNACK** | Corn Muffin with Honey | Vanilla Pudding  Seasonal Fruit | Rice Cakes  Seasonal Fruit | Animal Crackers  Applesauce | Goldfish  String Cheese |
| **WEEK 4** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Cereal  Seasonal Fruit | Kolaches /Cheese Toast\*  Seasonal Fruit | Bran Muffin  Seasonal Fruit | Waffles with Syrup | Biscuits with Jelly |
| **LUNCH** | Cheese Ravioli w/ Marinara  Peas  Seasonal Fruit | King Ranch Chicken Casserole  Meatless King Casserole\*  Green Beans  Seasonal Fruit | Chicken Nuggets  Meatless Nuggets\*  Carrots  Seasonal Fruit | Vegetarian Chili Dog Bake  Tater Tots  Seasonal Fruit | Vegetable Stew  Corn Muffins  Seasonal Fruit |
| **SNACK** | Pretzels  Seasonal Fruit | Pizza Sticks | Ritz W/ Cheese Slices | Yogurt  Trail Mix | Vanilla Wafers  Seasonal 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