



Fall/Winter Menu: Week 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

A.M.

Yogurt
Granola
Berries

Milk/Water

Bagels
Cheese
Tomato

Milk/Water

Breakfast Casserole
(Potato, Eggs, Cheese)
Oranges

Milk/Water

Cereal
Milk
Fruit

Milk/Water

Baked Blueberry
Oatmeal Cups
Fruit

Milk/Water

LUNCH

Creamy Tomato and
Spinach Pasta
(Penne, Tomatoes,
Parmesan)
Garlic Bread
Milk
Fruit

Chicken Divan
(Chicken, Broccoli, Cheese)
Rice
Coleslaw

Milk
Sorbet (Cones)

Tuna Salad
(Celery, Dill Pickles,
Green Onion, Mayo)
Crackers
Cucumber and Tomatoes

Milk
Fruit

Lasagna Soup
(Ground Beef, Chicken
Broth, Tomatoes, Noodles)
Dinner Rolls
Salad
Milk
Fruit

Sweet Potato Street Tacos
(Spinach, Mushrooms,
Cumin, Avocado)
Tortillas/Chips
Cheddar Cheese
Milk
Fruit

P.M.

Cucumber Sticks
Hummus
Naan Bread
Water

Apple Cookies
(Wow Butter, Apples,
Mini Chocolate Chips)
Water

Tortilla Chips
Salsa, Sour Cream
Guacamole
Water

Apples
Cheese
Crackers
Water

Rice Cakes
Cream Cheese
Tomato
Water

Food Vegetable/Fruit
 Guide Grain
 Servings milk
 meat/alternative

Vegetable/Fruit
 Grain
 milk
 meat/alternative

Vegetable/Fruit
 Grain
 milk
 meat/alternative

Vegetable/Fruit
 Grain
 milk
 meat/alternative

Vegetable/Fruit
 Grain
 milk
 meat/alternative