

Fall/Winter Menu: Week 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

A.M.

Graham Crackers
Wow Butter
Fruit

Milk/Water

Toast
Jam
Fruit
Milk/Water

Cereal
Milk
Fruit

Milk/Water

Sheet Pan Pancakes
(Banana, Blueberry)
Syrup

Milk/Water

Scrambled Egg
Crackers
Fruit

Milk/Water

LUNCH

Chicken Fajitas
(Bell Peppers, Onions)
Tortillas
Sour Cream, Lime
Lettuce, Cheese
Milk
Fruit

The Ultimate Vegan
Mac and Cheese
(White Beans, Soy Milk,
Nutritional Yeast, Shell Pasta)
Steamed Broccoli
Milk
Fruit

Classic Chili
(Ground Beef, Tomatoes,
Beans, Cheese)
Sour Cream
Peas and Carrots
Milk
Fruit

Tuna Melts
(Mayo, Green Onion, Cheese,
Tomato)
English Muffins
Cucumber Sticks
Milk
Fruit

Broccoli and Cheese Soup
(Vegetable Broth, Cream,
Cheddar Cheese)
Mixed Bean Salad
Crackers
Milk
Sorbet (Cones)

P.M.

Apples
Cheese
Crackers
Water

Fruit Pizza Crackers
(Long Flat Crackers, Cream
Cheese, Agave, Asst. Fruit)
Water

Veggies and Dip
Crackers
(Carrot, Cucumber, Bell Pepper)
Water

Wow Butter and Banana
Sushi

Water

Ham and Cheese
Roll Ups
Cucumber
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