

Fall/Winter Menu: Week 3



MONDAY



TUESDAY

WEDNESDAY

THURSDAY



FRIDAY



A.M.

**Avocado Toast
with Tomato**

Milk/Water

**Yogurt
Berries
Granola**

Milk/Water

**Cereal
Milk
Fruit**

Milk/Water

**Breakfast Burrito
(Eggs, Salsa, Cheese,
Tortillas)
Fruit**

Milk/Water

**Blueberry Banana
Breakfast Cookies
Fruit**

Milk/Water

LUNCH

**Salmon Salad Sandwiches
(Celery, Green Onion, Mayo)**

**Whole Wheat Bread
Cucumber Sticks
Dill Pickles
Milk
Sorbet**

**Tomato, Spinach Orzo Soup
(Vegetable Broth, Basil)**

**Dinner Rolls
Coleslaw**

**Milk
Fruit**

**Cheesy Italian Shells
with Italian Sausage
(Pasta Shells, Tomato)**

Salad

**Milk
Fruit**

**English Muffin Pizzas
(Cheese, Mushrooms,
Bells Peppers)
Peas and Carrots**

**Milk
Sorbet (Cones)**

**Canape Tray
(Fresh Deli Meats, Cheese
Crackers, Fruits, Veggies)**

Hummus

**Milk
Fruit**

P.M.

**Homemade Granola Bars
(Oats, Rice Krispies, Flax Seed,
Shredded Coconut)**

Water

Wow Butter Energy Bites

Fruit

Water

**Fruit
Cheese
Crackers**

Water

**Graham Crackers
Wow Butter
Fruit**

Water

**Apple Chips
Cheerios**

Water

Food	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit
Guide	Grain	Grain	Grain	Grain	Grain
Servings	Milk	Milk	Milk	Milk	Milk
	Meat/Alternative	Meat/Alternative	Meat/Alternative	Meat/Alternative	Meat/Alternative