



Fall/Winter Menu: Week 5



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



A.M.

Wow Butter and Banana
Sushi

Milk/Water

Cereal
Milk
Fruit

Milk/Water

Grab and Go Omelets
(Eggs, Bell Peppers,
Mushrooms, Tomatoes)
Melba

Milk/Water

French Toast Bake
Fruit

Milk/Water

Bagels
Cheddar Cheese
Tomatoes

Milk/Water

LUNCH

Chickpea Salad Sandwiches
(Celery, Avocado, Onion)
Salad
Pickles
Whole Wheat Bread
Milk
Sorbet (Cones)

Kale Tacos
Ground Beef, Tomatoes, Onion
Lettuce, Salsa, Sour Cream
Cheese, Tortillas
Refried Beans

Milk
Fruit

Alphabet Soup
(Carrot, Potato, Cauliflower,
Veg Broth, Alphabet Pasta)
Dinner Rolls

Milk
Fruit

BBQ Chicken Chili Mac
(Bell Pepper, Spinach, Black
Beans, Macaroni, Cheese)
Cooked Green Beans

Milk
Fruit

Oven Baked Parmesan
Crusted Tilapia
Rice
Green Beans

Milk
Fruit

P.M.

Cucumber
Hummus
Naan
Water

Apple
Cheese
Crackers
Water

Tortilla Chips
Salsa, Sour Cream
Guacamole
Water

Apple Chips
Cheerios
Water

Graham Crackers
Wow Butter
Fruit
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