

# Fall 2019 – Winter 2020 Menu – Week 1 (11/11, 12/9, 1/6, 2/3, 3/2)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Toasted Oat Cereal Fresh Mixed Berries Milk	Whole Grain Cinnamon Toast Bananas Milk	Whole Grain Bagels Watermelon Milk	Cornflakes Cereal Peaches Milk	Vanilla or Strawberry Yogurt with Granola Blueberries Milk
<b>Lunch</b>	Whole Grain Chicken Nuggets (v) Green Beans Cantaloupe Milk	Tater-Tot Casserole with Mixed Veggies Pineapple Milk	Grilled Ham (v) and Cheese Sandwiches Tomato Soup Peaches Milk	Whole Grain Pizza Bagels Carrots Pears Milk	Whole Grain Waffles Vegetable Sausage Fresh Fruit Salad Milk
<b>Afternoon Snack</b>	Assorted Crackers Garlic Hummus Water	Goldfish Crackers String Cheese Water	Assorted Granola Bars Diced Strawberries Water	Fresh Apple Slices Sunbutter Water	Graham Crackers Raisins Water



\*Substitute for students younger than 2  
(v) = Vegetarian Option  
Water will be offered when milk is not served.



# Fall 2019 – Winter 2020 Menu – Week 2 (11/18, 12/16, 1/13, 2/10, 3/9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cornflakes Cereal Raspberries Milk	Whole Grain Pancakes Bananas Milk	Crispix Cereal Blueberries Milk	Whole Grain English Muffins Strawberries Milk	Hard Boiled Eggs Fresh Mixed Fruit Milk
Lunch	Baked Mostacioli Steamed Rainbow Carrots Watermelon Milk	Beef Fajitas (v) Cauliflower Cantaloupe Milk	Turkey & Cheese Rollups (v) Broccoli Applesauce Milk	Homemade Chili (v) Green Peas Pineapple Milk	Whole Grain Chicken Parmesan (v) Green Beans Pears Milk
Afternoon Snack	Fresh Apple Slices With Cinnamon or Sunbutter Water	Blueberry Muffins Milk	Make Your Own Trail Mix With Granola, Toasted Oats, *Dried Cranberries and Goldfish Water	Graham Crackers Blueberries Water	Sunbutter Jelly Rollups Milk



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(v) = Vegetarian Option  
Water will be offered when milk is not served.

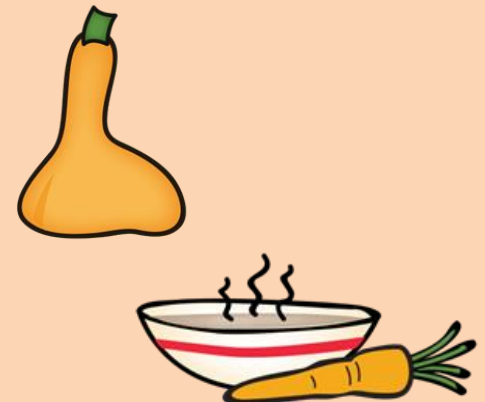


# Fall 2019 – Winter 2020 Menu – Week 3 (11/25, 12/23, 1/20, 2/17, 3/16)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Crispix Cereal Pears Milk	Whole Wheat Bagels Cream Cheese Raspberries Milk	Raisin Bran* Cereal Banana Milk	Egg Patties on Whole Wheat Toast Sausage (v) Milk	Oatmeal Peaches Milk
Lunch	Cheesy Ham and Rice Casserole (v) Peas Fruit Salad Milk	Turkey Meatball Mini Subs (v) Sweet Potatoes Watermelon Milk	Chicken Fettuccini Alfredo (v) Broccoli Pineapple Milk	Sausage (v) Pizza Tot Casserole Green Beans Honey Dew Melon Milk	BBQ(v) Sandwich on Whole Wheat Bun Steamed Rainbow Carrots Bananas Milk
Afternoon Snack	Cucumbers or Carrots with Ranch Water	Celery Sticks Sunbutter Water	Apple Slices With Cream Cheese Cinnamon Dip Water	Ritz Crackers Cheese Sticks Water	Pretzel Twists Cheese Dip Water



\*Substitute for students younger than 2  
(v) = Vegetarian Option  
Water will be offered when milk is not served.



# Fall 2019 – Winter 2020 Menu – Week 4 (12/2, 12/30, 1/27, 2/24, 3/23)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Scrambled Eggs Toast Fruit Salad Milk	Whole Grain Mini Pancakes Blueberries Milk	Crispix Cereal Raspberries Milk	French Toast Sticks Pears Milk	Toasted Oat Cereal Mandarin Oranges Milk
Lunch	Vegetable Lasagna Garlic Breadsticks Pears Milk	Sunbutter & Jelly Sandwiches Broccoli Watermelon Milk	Chicken (v) Mac & Cheese Peas Mandarin Oranges Milk	“Thick Red Stew” (v) (Beef and Vegetable) Bread Apple Slices Milk	Beef Tacos on Whole Grain Tortillas (v) Corn Pineapple Milk
Afternoon Snack	Graham Crackers Raspberries Water	Assorted Yogurt Cups Vanilla Wafers Water	Cheese Cubes Grapes Water	Banana Muffins Milk	Hummus Ritz Crackers Water



\*Substitute for students younger than 2  
(v) = Vegetarian Option  
Water will be offered when milk is not served.

