

WINTER MENU – 4 WEEK ROTATION

	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	WG Muffins Pears Milk	Yogurt Peaches Milk	Pancake Applesauce Milk	Baked Egg Cups Tropical Fruit Milk	WG Cheerios Pineapple Milk
	Lunch	Teriyaki Chicken & Rice Broccoli Mandarin Oranges Milk	Chicken Alfredo Peas Pears Milk	Cheese Quesadilla Corn Peaches Milk	Tomato Soup & WG Grilled Cheese Sandwich Pineapple Milk	Mushroom Pizza Mixed Vegetables Mixed Fruit Milk
	Snack	Hummus Saltines	WG Baked Oatmeal Bars Apples	WG Banana Bread Milk	Yogurt Graham Crackers	Cheese Stick Round Crackers
Week 2	Breakfast	WG Banana Bread Pineapple Milk	Cottage Cheese Peaches Milk	Waffle Applesauce Milk	WG Baked Oatmeal Bars Bananas Milk	Cornflakes Pears Milk
	Lunch	Spanish Rice Corn Tropical Fruit Milk	Eggs & WG Toast Pineapple Carrots Milk	Hot Dog Green Beans Peaches Milk	Chicken Pot Pie Soup With Peas and Corn Pears Milk	Cheese Pizza Mixed Vegetables Mixed Fruit Milk
	Snack	Bananas Graham Cracker	Trail Mix (WG Cheerios, Oyster Crackers, Turtles) Apples	WG Cereal Bar Milk	Cottage Cheese Round Crackers	WG Muffins Milk
Week 3	Breakfast	WG Muffins Pears Milk	Yogurt Tropical Fruit Milk	Crumpet Applesauce Milk	Egg Cups Peaches Milk	WG Cheerios Mandarin Oranges Milk
	Lunch	Chicken Broccoli Rice Mandarin Oranges Milk	Macaroni & Cheese Peas Pears Milk	Taco Corn Tropical Fruit Milk	Mediterranean Bean Soup with diced tomatoes and potatoes WG Bread & Butter Pineapple Milk	Hawaiian BBQ Pizza Mixed Vegetables Mixed Fruit Milk
	Snack	Hummus Saltines	WG Baked Oatmeal Bars Apples	WG Applesauce Bread Milk	Yogurt Graham Crackers	Cheese Stick Round Crackers
Week 4	Breakfast	WG Applesauce Bread Pineapple Milk	Cottage Cheese Bananas Milk	Waffle Applesauce Milk	WG Baked Oatmeal Bars Peaches Milk	Cornflakes Pears Milk
	Lunch	Chicken Cordon Bleu Rice Green Beans Tropical Fruit Milk	Eggs & WG Toast Carrots Pineapple Milk	Meatball Sub Peas Peaches Milk	Chicken Taco Soup with beans and corn Pears Milk <i>Rice</i>	Turkey Sausage Pizza Mixed Vegetables Mixed Fruit Milk
	Snack	Bananas Graham Crackers	Trail Mix (WG Cheerios, Oyster Crackers, Turtles) Apples	WG Cereal Bar Milk	Cottage Cheese Round Crackers	WG Muffins Milk