

# MENU

<u>FALL/WINTER 2021-2022</u>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	<b><u>AM Snack</u></b> Applesauce & Graham Crackers Water	<b><u>AM Snack</u></b> Bagels & Fruit Water	<b><u>AM Snack</u></b> Pancakes & Fruit Water	<b><u>AM Snack</u></b> Cereal & Milk Water	<b><u>AM Snack</u></b> Apple & Pear Mini Muffins & Fruit Water
	<b><u>Lunch</u></b> Rice & Beef with Tomato Sauce & Veggies & Fruit Water/Milk	<b><u>Lunch</u></b> Scrambled Eggs & & Bread & Fruit & Veggies Water/Milk	<b><u>Lunch</u></b> Cheesy Macaroni Casserole with Ham & Veggies & Fruit Water/Milk	<b><u>Lunch</u></b> Chicken Pot Pie Casserole & Bread & Fruit Water/Milk	<b><u>Lunch</u></b> Tomato Mac Soup & Pepperoni Grilled Cheese & Fruit Water/Milk
	<b><u>PM Snack</u></b> Yogurt & Fruit Water	<b><u>PM Snack</u></b> Cheese Cubes & Flavoured Crackers Water	<b><u>PM Snack</u></b> Hummus & Veggie Sticks Water	<b><u>PM Snack</u></b> Carrot Loaf & Fruit Water	<b><u>PM Snack</u></b> Cheerios & Fruit Salad Water
<b>WEEK 2</b>	<b><u>AM Snack</u></b> English Muffins & Cheese Cubes Water	<b><u>AM Snack</u></b> Cheerios & Milk Water	<b><u>AM Snack</u></b> Breakfast Oat Bars & Fruit Water	<b><u>AM Snack</u></b> Cheese Cubes & Fruit Water	<b><u>AM Snack</u></b> Banana Bread & Fruit Water
	<b><u>Lunch</u></b> Spaghetti & Meat Sauce & Veggies & & Bread & Fruit Water/Milk	<b><u>Lunch</u></b> Potato Vegetable Soup with Ham & Crackers & Fruit Water/Milk	<b><u>Lunch</u></b> Egg Salad Sandwich & Veggies & Fruit Water/Milk	<b><u>Lunch</u></b> Vegetable Fried Rice with Pork & Fruit Water/Milk	<b><u>Lunch</u></b> Chicken Broccoli Alfredo & Veggies & Fruit Water/Milk
	<b><u>PM Snack</u></b> Applesauce & Graham Crackers Water	<b><u>PM Snack</u></b> Veggies & Crackers Water	<b><u>PM Snack</u></b> Yogurt & Fruit Water	<b><u>PM Snack</u></b> Rice Krispies Squares & Fruit Water	<b><u>PM Snack</u></b> Fruit Salad & Crackers Water
<b>WEEK 3</b>	<b><u>AM Snack</u></b> Fruit & Graham Crackers Water	<b><u>AM Snack</u></b> Raisin Toast & Milk Water	<b><u>AM Snack</u></b> Oatmeal & Fruit Water	<b><u>AM Snack</u></b> Cereal & Milk Water	<b><u>AM Snack</u></b> Zucchini Bread & Fruit Water
	<b><u>Lunch</u></b> Pizza Casserole with Pepperoni & Veggies & Fruit Water/Milk	<b><u>Lunch</u></b> Vegetarian Sloppy Joe's & Buns & Fruit Water/Milk	<b><u>Lunch</u></b> Tex Mex Chicken Bowls with Nachos & Veggies & Fruit Water/Milk	<b><u>Lunch</u></b> Shepherd's Pie & Bread & Veggies & Fruit Water/Milk	<b><u>Lunch</u></b> Tuna Noodle Casserole & Bread & Veggies & Fruit Water/Milk
	<b><u>PM Snack</u></b> Yogurt & Fruit Water	<b><u>PM Snack</u></b> Cheese Cubes & Fruit Water	<b><u>PM Snack</u></b> Fresh Veggies & Crackers Water	<b><u>PM Snack</u></b> Bean Brownies & Fruit Water	<b><u>PM Snack</u></b> Applesauce & Graham Crackers Water
<b>WEEK 4</b>	<b><u>AM Snack</u></b> Cereal & Fruit Water	<b><u>AM Snack</u></b> Toast & Fruit Water	<b><u>AM Snack</u></b> Yogurt & Granola Parfait Water	<b><u>AM Snack</u></b> Cheese and Crackers Water	<b><u>AM Snack</u></b> Homemade Loaf & Fruit Water
	<b><u>Lunch</u></b> Homemade Chili with Rice & Buns & Fruit Water/Milk	<b><u>Lunch</u></b> Chicken & Vegetable Noodle Soup & Crackers & Fruit Water/Milk	<b><u>Lunch</u></b> Sweet Potato Taco Bowls with Beans & Veggies & Fruit Water/Milk	<b><u>Lunch</u></b> English Muffin Pizzas with Veggies & Fruit Water/Milk	<b><u>Lunch</u></b> Italian Pork and Rice Casserole & Fruit & Veggies Water/Milk
	<b><u>PM Snack</u></b> Cheese Cubes & Fruit Water	<b><u>PM Snack</u></b> Fresh Veggies & Crackers Water	<b><u>PM Snack</u></b> Applesauce & Graham Crackers Water	<b><u>PM Snack</u></b> Oatmeal Cookies & Milk Water	<b><u>PM Snack</u></b> Fruit Salad & Cereal Water