

MENU

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