

Fall Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruit/Vegetables	Orange Slices	Banana Slices	Applesauce	Fruity Toast	Peaches
Grains/Breads	Kix	Whole Grain Pancakes	Wheaties	Fruity Toast	Cheerios
Lunch					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruit/Vegetables	Stuffed Spud	Going Green	Chix Mix	Macaroni Mess	Apple Slices
Fruit/Vegetables	Kiwi	Mixed Fruit	Pears	Broccoli	Cucumber Slices
Grains/Breads	Whole Grain Breadsticks	Whole Grain Dinner Roll	Whole Grain Pita Wedges	Macaroni Mess	Boat Burgers
Meats/Meat Alternates	Baked Ham	Going Green	Chix Mix	Macaroni Mess	Boat Burgers
Snack					
Milk	-	-	-	-	-
Fruit/Vegetables	Carrots	-	Watermelon	Pineapple	Blueberries
Grains/Breads	Mini Rice Cakes	Muscle Mix	-	Graham Crackers	Whole Grain Waffles
Meats/Meat Alternates	-	Yogurt	String Cheese	-	-
Beverage	Water	Water	Water	Water	Water

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruit/Vegetables	Mixed Fruit	Honeydew Melon	Baked Apples	Kiwi	Oranges
Grains/Breads	Johnny Applesauce Pancakes	Wheat Chex	Whole Grain Toast	Oatmeal	Whole Grain English Muffin
Lunch					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruit/Vegetables	Bunny Sticks	Super Salmon	Green Giant Salad	Tasty Taquitos	Yellow Squash
Fruit/Vegetables	Pears	Peas	Bananas	Green Beans	Zucchini
Grains/Breads	Whole Grain Roll	Brown Rice	Cheesy Spaghetti Bake	Tasty Taquitos	Couscous
Meats/Meat Alternates	Baked Turkey Breast	Super Salmon	Cheesy Spaghetti Bake	Tasty Taquitos	Magic Meat
Snacks					
Milk	-	-	-	-	-
Fruit/Vegetables	Pineapples	Tangerines	Cucumbers	Applesauce	Berry Banana Split
Grains/Breads	Mini Whole Grain Bagels	-	-	Pretzels	-
Meats/Meat Alternates	-	Yogurt	Cheese Cubes	-	Berry Banana Split
Beverage	Water	Water	Water	Water	Water

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruit/Vegetables	Applesauce	Honeydew Melon	Blueberries	Banana Slices	Orange Slices
Grains/Breads	Basketball Biscuits	Cheerios	Pumpkin Patch Pancakes	Mini Whole Grain Bagels	Whole Grain Toast
Lunch					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruit/Vegetables	Pop's Potatoes	Jammin' Jambalaya	Farmer's Harvest Chili	Carrots	Mixed Vegetables
Fruit/Vegetables	Peaches	Steamed Broccoli	Pear Slices	Mixes Fruit	Kiwi
Grains/Breads	Whole Grain Bread	Jammin' Jambalaya	Whole Grain Roll	Cowboy Quinoa ("keen-wah")	Fish in a Blanket
Meats/Meat Alternates	Baked Turkey Breast	Jammin' Jambalaya	Farmer's Harvest Chili	Tasty Taquitos	Fish in a Blanket
Snacks					
Milk	-	-	-	-	-
Fruit/Vegetables	Cucumbers	Tootie Fruity Chip Dip	-	Sandbox Surprise	Pineapple
Grains/Breads	String Cheese	Graham Crackers	Wheat Chex	Sandbox Surprise	-
Meats/Meat Alternates	-	-	Yogurt	-	Cottage Cheese
Beverage	Water	Water	Water	Water	Water

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruit/Vegetables	Strawberries	Blueberries	Orange Wedges	Banana Slices	Kiwi
Grains/Breads	Whole Grain English Muffin	Whole Grain Waffles	Whole Grain Toast	Multi-Grain Cheerios	Oatmeal
Lunch					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruit/Vegetables	Kickin' Chicken	Under the Sea Chowder	Roly Poly Roll-Up	Finger Food	Jack O' Lantern Soup
Fruit/Vegetables	Pineapple Slices	Mandarin Oranges	Steamed Red Potatoes	Peaches	Green Beans
Grains/Breads	Cornbread	Whole Grain Roll	Roly Poly Roll-Up	Brown Rice	Grilled Cheese on Whole Wheat Bread
Meats/Meat Alternates	Kickin' Chicken	Under the Sea Chowder	Roly Poly Roll-Up	Finger Food	Grilled Cheese on Whole Wheat Bread
Snacks					
Milk	-	-	-	-	-
Fruit/Vegetables	Autumn Orchard Snack	Celery and Carrot Sticks	Honeydew Melon	All-Star Snack	Mixed Fruit
Grains/Breads	Whole Grain Rice Cakes	-	Honey Kix	Whole Grain Crackers	-
Meats/Meat Alternates	-	Cheese Cubes	-	-	Yogurt
Beverage	Water	Water	Water	Water	Water