

# Menu Week One—Fall

<i>Meal</i>		<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>
<b>Breakfast: 9:00am</b>	1/2 c	Rice Chex	1/4c	Egg, Potato & Cheese Frittata	1 slice	Banana Bread Squares <b>WG</b>	1/2c 1	Cream of Wheat	1.5	*Pumpkin Pancakes <b>WG</b>
♦Whole grain/ enriched bread or cereal &/or Meat or Alternate										
♦Fruit	1/2 c	Apple wedges	1/2 c	Orange Wedges	1/2 c	Orange Wedges	1/2 c	Banana Slices	1/2 c	Unsweetened Applesauce
♦Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk
<b>Lunch: 12:00pm</b>	1.5 oz.	Cheese Sandwiches on Wheat Bread <b>WG</b>	1.5 oz	Multi-Bean Soup	1/2 c	Tuna Noodle Crunch	1.5oz	*Cream of Vegetable Soup	1.5 oz	Fiesta Mexican Lasagna
♦Whole grain enriched bread/cereal/pasta										
♦Meat or alternate										
♦Vegetable	1/2 c	Cucumber Slices	1/2 c	Ritz Crackers	4/5	Mixed Greens and Broccoli w/ ranch dressing on the side	1/2 c	Saltine Crackers Cheese cubes		Fresh Broccoli Florets
♦Fruit	1/2 c	Pineapple tidbits	1/2 c	Cucumber Rounds	1/2 c	Cantaloupe Chunks	1/2 c	Corn	1/2 c	Orange Wedges
♦Milk	3/4 c	Milk	3/4 c	Pears	1/2 c	Milk	3/4 c	Peach Slices	1/2 c	Milk
				Milk	3/4c			Milk	3/4 c	
<b>Snack: 3:30 pm</b>	1/2 c	Graham Crackers	1 slice	Yogurt	4-5	Pretzels	2	Homemade Hummus	4/5	Trail Mix (pretzels, whole grain goldfish crackers, dried cranberries & raisins)
♦Whole grain/ enriched bread or cereal &/or Meat or Alternate										
♦Juice or Fruit & Water	1/2 c	Orange juice	1/2c	Wheat Chex <b>WG</b>	1/2c	Apples		Pita Bread <b>WG</b>	1/2c	Apple Wedges
				Water	3/4c	Water	3/4c	Water	3/4 c	Water

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- ♦ Quick breads and cookies are made from scratch and baked fresh.
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# Menu Week Two—Fall

<i>Meal</i>		<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>
<b>Breakfast: 9:00am</b> ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Fruit ♦ Milk	1/2 c  1/2 c 3/4 c	Corn Chex  Apple Wedges  Milk	1/4 c  1/2 c 3/4 c	Oatmeal w/ cinnamon <b>WG</b>  Bananas  Milk	1 1/4c  1/2 c 3/4 c	Yummy Veggie Omelet with Cheese  Orange Wedges  Milk	1 slice  1/2 c 3/4 c	Apple Oatmeal Muffins <b>WG</b>  Orange Slices  Milk	1.5  1/2 c 3/4 c	Malt o Meal  Apple Slices  Milk
<b>Lunch: 12:00pm</b> ♦ Whole grain enriched bread/cereal/pasta ♦ Meat or alternate ♦ Vegetable ♦ Fruit ♦ Milk	1.5 oz  1/2 c 1/2 c 3/4 c	Tuna Salad Sandwiches on Wheat Bread (tuna, mayo on wheat bread) <b>WG</b>  Carrot Sticks  Dole Tropical Fruit Salad  Milk	1.5oz  1/2 c 1/2 c 3/4 c	Quinoa Burgers (quinoa, veggies, eggs) w/ Cheese on Whole Wheat Bun <b>WG</b> Ketchup on the side  Mixed Greens & Spinach w/ ranch on the side  Melon Slices  Milk	1/2c 4/5 1/2 c 1/2 c 3/4c	Black Bean Burgers w/ Cheese on Whole Wheat Bun <b>WG</b> Ketchup on the Side  Cucumber rounds  Pear Wedges  Milk	1.5oz  1/2 c 1/2 c 3/4 c	Easy Zucchini Lasagna with Whole Wheat Pasta and Cheese <b>WG</b>  Mixed Veggies  Peach Slices  Milk	1 cup  1/2 c 1/2 c 3/4 c	Macaroni and Cheese w/ whole grain pasta <b>WG</b>  Peas & Carrots  Pineapple Tidbits  Milk
<b>Snack: 3:30 pm</b> ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Juice or Fruit & Water	1/2 c  1/2 c	Wheat Thins <b>WG</b>  Apple juice	1  1/2c	Yogurt w/ Crispix  Water	1/2c 1/2c 3/4c	Pretzels  Apple Wedges  Water	4-5  1/2 c	Triscuits <b>WG</b>  Cheese Stick  Water	1 1/2C 3/4 c	Trail Mix (pretzels, whole grain goldfish, chex & raisins) Orange Wedges  Water

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## Menu Week Three—Fall

Meal		Monday		Tuesday		Wednesday		Thursday		Friday
<b>Breakfast: 9:00am</b>	1/2 c	Crispix	1/2 c	Oatmeal w/ Cinnamon <b>WG</b>	1 slice	Breakfast Burrito (eggs, cheese, salsa on flour tortilla)	1 slice	Oatmeal Muffin Squares <b>WG</b>	1	Cream of Wheat
♦Whole grain/ enriched bread or cereal &/or Meat or Alternate										
♦Fruit	1/2 c	Apple Wedges	1/2 c	Blueberries	1/2 c	Orange Wedges	1/2 c	Pineapple Tidbits	1/2 c	Bananas
♦Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk
<b>Lunch: 12:00pm</b>	1.5 oz	Egg Salad Sandwiches On Whole Wheat Bread <b>WG</b>	1.5 oz	Smokin' Powerhouse Chili with Beans	1/2 c	Homemade Tomato Soup	1/2 c	Minestrone Soup Wheat Thins <b>WG</b>	1.5 oz	Bean Burritos on Whole Wheat Tortillas <b>WG</b>
♦Whole grain enriched bread/cereal/pasta			1 slice	Ritz	4/5	Grilled Cheese Sand- wiches on Whole Wheat Bread <b>WG</b>		String Cheese		
♦Meat or alternate										
♦Vegetable	1/2 c	Cucumber Slices	1/2 c	Corn	1/2c	Cucumber Rounds	1/2 c	Green Beans	1/2 c	Corn
♦Fruit	1/2 c	Pineapple Tidbits	1/2 c	Orange Wedges	1/2 c	Peaches	1/2 c	Pears	1/2 c	Orange Wedges
♦Milk	3/4 c	Milk	3/4 c	Milk	3/4c	Milk	3/4 c	Milk	3/4 c	Milk
<b>Snack: 3:30 pm</b>	1/2 c	Saltine Crackers	2	Crunchy Pretzels	7-10	Trail Mix (pretzels, Whole Grain Goldfish and Chex & raisins)	2	Graham Crackers	4-5	Triscuits <b>WG</b>
♦Whole grain/ enriched bread or cereal &/or Meat or Alternate		Orange Juice		Melon Cubes				Melon Cubes		Apple Slices
♦Juice or Fruit & Water	1/2 c	Water	1/2c	Water	1/2 c	Apple Juice	1/2 c	Water	1/2 c	Water

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<b>Breakfast: 9:00am</b> ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Fruit ♦ Milk	1/2 c	Life Cereal <b>WG</b>	1 slice	Cream of Wheat	1	Baked Scrambled Eggs	1/4 c	Oatmeal w/ Brown Sugar <b>WG</b>	1.5 slice	*Whole Wheat Pumpkin Applesauce Muffins <b>WG</b>
	1/2 c	Apple Wedges	1/2 c	Banana Rounds	1/2 c	Orange Wedges	1/2 c	Apple Wedges	1/2 c	Bananas
	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk
<b>Lunch: 12:00pm</b> ♦ Whole grain enriched bread/cereal/pasta ♦ Meat or alternate ♦ Vegetable ♦ Fruit ♦ Milk	1	Hard boiled egg	1.5oz	Farmers Market Vegetarian Quesadilla on Whole Wheat Tortilla <b>WG</b>	1/2 c	Potato Soup (potatoes, sour cream, & seasonings)	1.5 oz.	Tuna Patties on Whole Wheat Bun <b>WG</b>	1.5 oz	Whole Wheat Pasta Toss w/ Vegetable and Cheese <b>WG</b>
	1	Cheese Biscuit			4/5	Cheese Cubes Saltine Crackers				
	1/2 c	Cucumber Rounds	1/2 c	Carrot Sticks	1/2 c	Broccoli Florets	1/2 c	Green Beans	1/2 c	Carrot Sticks
	1/2 c	Mandarin Oranges	1/2 c	Dole Tropical Fruit Salad	1/2 c	Apple Wedges	1/2 c	Orange Wedges	1/2 c	Diced Pears & Blueberries
	3/4 c	Milk	3/4 c	Milk	3/4c	Milk	3/4 c	Milk	3/4 c	Milk
<b>Snack: 3:30 pm</b> ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Juice or Fruit & Water	1/2c.	Rice Chex	1/4 c	Yogurt	1/2c	Blueberry Muffin Squares <b>WG</b>	1/4 c	Trail Mix (pretzels, Whole Grain Goldfish and Chex & raisins)	1	Graham Crackers
			1/4 c	W/ Crispix		Pears	1 oz		1/2 c	Orange Wedges
	1/2 c	Apple Juice	1/2c	Water	1/2 c	Water	1/2 c	Orange Juice	3/4 c	Water

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<b>Breakfast: 9:00am</b> ♦Whole grain/ enriched bread or cereal &/or Meat or Alternate  ♦Fruit  ♦Milk	1/2 c   1/2 c  3/4 c	Crispix Cereal   Apple Wedges  Milk	1/2 c.   1/2 c  3/4 c	Oatmeal WG   Apple Wedges  Milk	1/2 c.   1/2 c  3/4c	Vegetable Frittata   Apple Wedges  Milk	1 slice   1/2 c  3/4 c	Yogurt & Crispix   Blueberries  Milk	1/2 c   1/2 c  3/4 c	Peach Muffin Squares WG   Apple Slices  Milk
<b>Lunch: 12:00pm</b> ♦Whole grain enriched bread/cereal/pasta  ♦Meat or alternate  ♦Vegetable  ♦Fruit  ♦Milk	1.5 oz   1/2 c  1/2 c  3/4 c	Cheddar Cheese Sandwiches on Wheat Bread WG   Carrot Sticks  Dole Tropical Fruit Salad  Milk	1.5oz   1/2 c  1/2 c  3/4 c	Pineapple & Cheese Pizza on Whole Wheat English Muffin WG   Broccoli  Melon  Milk	1.5 oz   1/2 c  1/2 c  3/4c	*Creamy Pumpkin Soup  String Cheese  Wheat Thins WG Cucumber Rounds  Pear Sections  Milk	1.5oz   1/2 c  1/2 c  3/4 c	Fried Rice (brown rice, eggs, tofu, peas, green onions, carrots, soy sauce, spices) WG   Broccoli  Peach Slices  Milk	1.5 oz   1/2 c  1/2 c  3/4 c	Skillet Lasagna with Whole Wheat Pasta and Cheese WG   Carrot Sticks  Pineapple Tidbits  Milk
<b>Snack: 3:30 pm</b> ♦Whole grain/ enriched bread or cereal &/or Meat or Alternate  ♦Juice or Fruit & Water	1   1/2 c	Corn Chex   Apple juice	1   1/2c	Graham Crackers  Orange Wedge  Water	1/2 c  1/2c  1/2c	Homemade Whole Wheat Soft Pretzels WG   Orange Juice	4-5  1/2 c  1/2 c	Triscuits WG  Apple Slices  Water	1  1/2c  1/2 c	Trail Mix (pretzels, Goldfish and Chex & raisins) Orange Wedges   Water

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<b>Breakfast: 9:00am</b> ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate  ♦ Fruit ♦ Milk	1/2 c	Life Cereal <b>WG</b>	1/2 c	Oatmeal <b>WG</b> w/ Brown Sugar	1/2 c	Breakfast Burrito (eggs, cheese, salsa on flour tortilla)	1 slice	Malt o' Meal	1.5	Blueberry Muffin Squares <b>WG</b>
	1/2 c	Apples Wedges	1/2 c	Orange Wedges	1/2 c	Orange Wedges	1/2 c	Bananas	1/2 c	Apple Slices
	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk
<b>Lunch: 12:00pm</b> ♦ Whole grain enriched bread/cereal/pasta ♦ Meat or alternate ♦ Vegetable ♦ Fruit ♦ Milk	1.5 oz	Tuna Roll up (tuna and mayo on flour tortilla)	1.5 oz	Do it yourself tacos (refried beans, corn tortilla, salsa, sour cream, cheese, lettuce.)	1/2 c	Smokin' Powerhouse Chili with Beans	1.5 oz	Broccoli & Cheese Soup	1.5 oz	Whole Wheat Macaroni and Cheese <b>WG</b>
			4/5 oz	Corn	1/2 c	Corn Muffin Squares <b>WG</b>		Ritz Crackers		Carrot Sticks
	1/2 c	Cucumber Rounds	1/2 c	Peach Slices	1/2 c	Cucumber Rounds	1/2 c	Corn Niblets	1/2 c	Dole Tropical Fruit Salad
	1/2 c	Oranges Slices	1/2 c	Milk	3/4c	Melon Slices	1/2 c	Peach Slices	1/2 c	Milk
	3/4 c	Milk	3/4 c	Milk	3/4c	Milk	3/4 c	Milk	3/4 c	Milk
<b>Snack: 3:30 pm</b> ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate  ♦ Juice or Fruit & Water	1	Graham Crackers	4/5	Pretzels	6/7	Yogurt w/ Crispix	2	Wheat Thins <b>WG</b>	1/2c	Saltines
	1/2c	Pineapple Tidbits	1/2 c	Apple Wedge			1/2c	String Cheese		Apple Wedges
	1/2 c	Water	1/2c	Water	1/2c	Water	1/2c	Water	1/2 c	Water

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