

FALL MENU: WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	½ Banana Milk	Waffles Juice	Apple/ Cheese Chunks	Bran Cereal Raisins & Milk	Fruit Smoothie
LUNCH	Tacos Gr. Beef, lettuce, tomato, cheese. Milk	Salmon Loaf Potato and carrots. Milk	Curly Pasta with Tomato Sauce Milk	Roast Chicken Potato, Broccoli And corn Milk	Beef Barley Soup Wh. Wh. Rolls Milk
P.M. SNACK	Oatmeal raisin cookie/juice	Pears Milk	Veggie Sticks, dip and water	Fruit Cocktail Milk	Picnic Mix Juice

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Baked apple rings/Milk	Homemade granola/milk	Pears Milk	Cereal Juice	Hard Boiled Egg, toast and Juice
LUNCH	Chicken or Turkey pot pie Milk	Beef Fajitas with Lettuce, tomato and cheese. Milk	Baked Salmon Potato, peas and turnip. Milk	Cranberry Meatballs and Rice. Milk	Grilled Cheese Sandwich and Tomato soup. Milk
P.M. SNACK	Vanilla Pudding Banana Slices	Oranges Crackers	Yogurt and Blueberries	Peaches Milk	Trail Mix

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Multi grain bagel and jam/milk	Applesauce Graham cracker	Fruit Cocktail Milk	Cheese and Crackers	Peaches Milk
LUNCH	Baked haddock, potato, peas and carrots Milk	Minestrone soup with Wh. Wh. Crackers Milk	Roast Beef, potato, green & yellow beans. Milk	Salsa Chicken, rice and cucumber slices Milk	Inside out Lasagne Milk
P.M. SNACK	½ Banana Milk	Zucchini Raisin Muffin/Milk	Pita Bread and Hummus	Veggie sticks, dip and water	Frozen Yogurt

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Toasted English Muffins/Juice	Fruit smoothies Graham Cracker	Cereal Milk	Oat Bran Banana Muffin and Milk	Mini Pita with salsa and Milk
LUNCH	South western Chilli with corn muffins Milk	Baked Chicken Garden Salad Wh. Wh. Rolls Milk	Macaroni and Cheese with veggie sticks. Milk	Pumpkin Soup and Tuna Sliders Milk	Shepherd's Pie Potato, carrots and corn. Milk
P.M. SNACK	Apples Milk	Pudding tarts	Pears	Veggies and Dip Water	½ Banana Milk