WINTER MENU: WEEK 1

Together we can give our kids a Healthy, Active Start!

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	-Variety of Whole Grain Cereal & Milk -Apple Smiles -Milk	-Whole Wheat Pancakes with Syrup -Sweet Berries -Milk	-Whole Grain Toast with butter & jam -Perfect Pears -Milk	-Hot Cereal -Sweet Berries -Milk	-Cinnamon Raisin Bagel Bites -Breakfast Pudding (Yogurt. Bananas & Apple Sauce) -Milk
Lunch	Corkscrew Casserole	Baked Salmon & Rice	Chicken & Veggie Stew	Korean Beef with Rice	Sweet Hawaiian Ham Pizza Buns
	Veggie Ground Corkscrew Casserole	Baked Tofu with Rice	Veggie Stew	Veggie Beef with Rice	Sweet Hawaiian & Veggie Pizza Buns
	-Salad with Cucumbers & Dressing -Milk	-Fresh Carrots & Cucumber -Milk	-Whole Grain Roll - Milk	-Shredded Carrots - Pea Pods - Milk	-Sweet Pineapple - Whole Grain Bun -Milk
Snack	-Mighty-Mini Blueberry Muffins -Fresh Fruit in Season -Water	-Fresh Fruit Stacks (Graham Wafers, Cream Cheese Spread, Fresh Fruit Chunks) -Water	-Naturally Nut Free Trail Mix -Fresh Fruit in Season -Water	-Veggie Safari (Crackers with Veggies & Hummus) -Water	-Ice cream Treat Fridays -Fresh Fruit in Season -Water

MENU DETAILS

- = with Fish
- = Regular
- = Vegetarian

- ✔ Nut Free Facility
- ✔ 2% or Whole Milk Served
- ✔ Nutritionist Approved Menu
- ✔ Passes the "Child's Choice Taste Test!"