WINTER MENU: WEEK 3

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	Texas Beef Taco Salad	Tuna Casserole with Peas	Chicken Fried Rice Stir Fry	Shepherds Pie	Chicken Salad Wrap
	Texas Black Bean Taco Salad	Veggie Casserole with Peas	Tofu Fried Rice Stir Fry	Veggie Burger Pie	Refried Bean Wrap
	-Whole Grain Taco Chips, Lettuce, Green Peppers, Copped Tomato, Cheese, Sour Cream -Milk	-Salad with Cucumbers & Dressing -Milk	-Shredded Carrots - Pea Pods - Milk	-Mixed Veggies - Milk	-Fresh Carrots & Cucumber -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!"