WINTER MENU: WEEK 4

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

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	-Grandma's Best Banana Bread -Apple Smiles -Milk	-Whole Wheat Pancakes with Syrup -Sweet Berries -Milk	-Whole Grain Toast with butter & jam -Perfect Pears -Milk	-Yogurt -Crunchy Granola Topping & Peachy Peaches -Milk	-Breakfast Scramble -Potatoes, Eggs & Cheese -Fresh Fruit in Season -Milk
Lunch	Hearty Hamburger Soup	Roast Chicken Bake	Spaghetti & Meat Sauce	Chicken a la King with Rice	Sloppy Joes
	Harty Veggie-burger Soup	Tofu & Potato Bake	Spaghetti & Lentil Pasta Sauce	Tofu a la King with Rice	Bean & Veggie Sloppy Joes
	-Mixed Veggies -Milk	-Mixed Veggies & Potatoes -Milk	-Fresh Carrots & Cucumber -Milk	-Beautiful Broccoli -Milk	- Whole Grain Bun -Salad with Cucumbers & Dressing -Milk
Snack	-Oatmeal Granola Square -Fresh Fruit in Season -Water	- Crackers -Cheese Slices -Fresh Fruit in Season -Water	-Naturally Nut Free Trail Mix -Fresh Fruit in Season -Water	-Whole Grain Pita with Spinach Dip -Fresh Fruit in Season -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!"