

WINTER MENU WEEK 1

MAIN COURSE	VEGETABLES	FRUIT/DESSERT	BREADS/GRAINS	A.M. SNACK	P.M.SNACK
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The main course is always served with milk

<b>MONDAY</b>	<b>Egg Cheese Bake</b>	(broccoli in egg bake) Carrot Sticks Infants - cooked vegetables	Peaches	Whole Wheat Bread	Mixed Berries Oatmeal Milk	Oranges or Clementines Arrowroots Water
<b>TUESDAY</b>	<b>Lasagne Casserole</b>	(tomato sauce) Corn Infants - peas	Fruit Combo	Whole Wheat Dinner Rolls	Bananas Cheerios Milk	Applesauce Baked Cinnamon Tortillas Water
<b>WEDNESDAY</b>	<b>Fish (Sole)</b>	Mashed Potatoes Squash Raw Broccoli	Mandarin Oranges	Whole Wheat Bread	Yogurt Graham Wafers Water	Raw Vegetables Tzatziki Dip Melba Toast Water
<b>THURSDAY</b>	<b>Chicken Rice Casserole</b>	(Peas in casserole) Celery	Pears	Whole Wheat Bread	Apples Raisin Bread Water	Shreddies with Melted Cheese Water
<b>FRIDAY</b>	<b>Vegetarian Chili</b>	(tomato sauce) Coleslaw Infants - carrots	Apricots	Whole Wheat Bread	Hard-boiled Eggs Toast Water	Homemade Loaf Milk

RAW VEGETABLES includes a variety of the following; celery, carrots, cucumbers, peppers, broccoli, cauliflower

FRESH FRUIT includes a variety of oranges, apples, bananas, grapes, kiwi, pears, clementines