

WINTER MENU WEEK 2

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>Tuna Casserole</b>	Peas Carrot Sticks	Peaches	Whole Wheat Dinner Rolls	Fresh Pears Rice Cakes Water	Cheese Wheat Thins Water
<b>TUESDAY</b>	<b>Sloppy Joes</b>	Yellow Beans Raw Broccoli	Applesauce	Hamburg Buns	Bagels Milk	Bananas Bits and Bites Water
<b>WEDNESDAY</b>	<b>Chicken &amp; Potatoes</b>	Boiled Potatoes Carrots	Rice Pudding	Whole Wheat Bread	Oranges or Clementines Breton Crackers Water	Fruit Salad Melba Toast Water
<b>THURSDAY</b>	<b>Vegetable Bean Soup and Cheese Cubes</b>	Mixed vegetables in soup Cucumbers	Apple Crisp	Soda Crackers (small pasta in soup)	Grapes Muffins Water	Pineapple Digestives Water
<b>FRIDAY</b>	<b>Vegetable Fritata</b>	Peppers in fritata Salad	Fruit Combo	Whole Wheat Bread	Apricots Tea Biscuits Water	Bean Cookies 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