

WINTER MENU WEEK 3

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

MONDAY	Brown Beans and Cheese Cubes	Carrots Celery	Fruit Combo	Whole Wheat Bread	Apples Bagels Water	Oranges or Clementines Raisin Bread Water
TUESDAY	Meat Loaf	Mashed Potatoes Green Beans	Homemade Loaf	Whole Wheat Dinner Rolls	Bananas Yogurt Water	Apple Cinnamon Wraps (with cream cheese) Water
WEDNESDAY	Ham and Spanish Rice	Peas Peppers in Rice	Pears	Whole Wheat Bread	Pineapple Cottage Cheese Water	Naan Bread Hummus Water
THURSDAY	Chicken Stew	Broccoli Carrot Sticks	Mandarin Oranges	Whole Wheat Bread	English Muffins with Cinnamon Butter Milk	Grapes Graham Wafers Water
FRIDAY	Fish (Sole)	Mixed Vegetables	Peaches	Brown Rice Whole Wheat Bread	Mixed Berries Oatmeal Milk	Fresh Pears Mozzarella Cheese Water

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