

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

<b>MONDAY</b>	<b>"Breakfast Burritos"</b> (Eggs) Milk	Green Peppers, Salsa Infants - cooked vegetables	Pears	*Whole Wheat Tortilla Shells	Apples *Whole Wheat Bagels Milk	Oranges or Clementines Raisin Bread Water
<b>TUESDAY</b>	<b>Meat Loaf</b> Milk	Mashed Potatoes Raw Broccoli Squash	Homemade Loaf	*Whole Wheat Dinner Rolls	Mixed Berries *Oatmeal Milk	Naan Bread Pumpkin Hummus Water
<b>WEDNESDAY</b>	<b>Chicken Stew</b> Milk	Mixed Vegetables	Applesauce	(pasta in stew) *Whole Wheat Bread	* Whole Wheat English Muffins with Cinnamon Butter Milk	Grapes Graham Wafers Water
<b>THURSDAY</b>	<b>Vegetarian Tortilla Pie</b> Milk	Peas	Fruit Combo	*Whole Wheat Hamburger Buns	Pineapple Cottage Cheese Milk	Apple Cinnamon * Whole Wheat Tortilla Shells (with cream cheese) Water
<b>FRIDAY</b>	<b>Fish (Sole)</b> Milk	Broccoli	Peaches	*Brown Rice *Whole Wheat Bread	Bananas * WW Melba Toast Milk	Pears Mozzarella Cheese Water

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

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

\* indicates a whole grain or whole wheat serving