

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" (Eggs)</b>	Green Peppers, Salsa Infants - cooked vegetables	Fruit Combo	Whole Wheat Tortilla Shells	Apples Bagels Water	Oranges or Clementines Raisin Bread Water
<b>TUESDAY</b>	<b>Meat Loaf</b>	Mashed Potatoes Green Beans	Homemade Loaf	Whole Wheat Dinner Rolls	Bananas Yogurt Water	Apple Cinnamon Wraps (with cream cheese) Water
<b>WEDNESDAY</b>	<b>Chicken Stew</b>	Mixed Vegetables Carrot Sticks	Mandarin Oranges	(pasta in stew) Whole Wheat Bread	Pineapple Cottage Cheese Water	Naan Bread Hummus Water
<b>THURSDAY</b>	<b>Lentil Shepherd's Pie</b>	(peas, corn, carrots) Celery Infants - cooked vegetables	Pears	Whole Wheat Bread	English Muffins with Cinnamon Butter Milk	Grapes Graham Wafers Water
<b>FRIDAY</b>	<b>Fish (Sole)</b>	Broccoli	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