

WINTER MENU WEEK 4

	MAIN COURSE	VEGETABLES	FRUIT/DESSERT	BREADS/GRAINS	A.M. SNACK	P.M.SNACK
The main course is always served with milk						
MONDAY	Vegetable Pizza's	(Tomato Sauce) Green Peppers Mushrooms	Fruit Combo	English Muffin Pizza Crusts	Bananas Rice Cakes Water	Apples Bread Pudding Water
TUESDAY	Tuna Cheese Buns	Mixed Vegetables Cucumbers	Apricots	Hamburg Buns	Blueberries Cheerios Milk	Kiwi's Bean Brownies Water
WEDNESDAY	Beef Stew	Potatoes, Peas and Corn in the Stew	Pineapple	Corn Bread	Apple Oatmeal Milk	Yogurt Digestives Water
THURSDAY	Chicken Stir-Fry	Carrots, Cauliflower and Broccoli in Stir-Fry	Pears	Rice Whole Wheat Bread	Cheese Tea Biscuits Milk	Raw Vegetables Bread Sticks (Sour Cream Dip) Water
FRIDAY	Macaroni and Cheese with Tofu	Green Beans Carrot Sticks	Peaches	Pasta	English Muffins Cheese Water	Oranges or Clementines Homemade Loaves 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						