

Winter Menu

Week 1

		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		Mixed Berries	Bananas	Blueberries	Mixed Berries	Pears
		*Oatmeal	Wheat Thins	Yogurt	*Shreddies	*Whole Wheat Toast
		Milk	Milk	Milk	Milk	Milk
Lunch	Main Course	Egg Cheese Bake	Lasagne Casserole	Fish Tacos	Chicken & Rice Casserole	Vegetarian Chili
	Beverage	Milk	Milk	Milk	Milk	Milk
	Vegetables	(Broccoli in Egg Bake)	(Tomato Sauce)	Shredded Cabbage	(Peas in Casserole)	(Tomato Sauce)
		Carrot Sticks	Green Beans	Peach Salsa	Celery	Coleslaw
		Infants: Cooked Vegetables		Infants: Cooked Vegetables	Infants: Cooked Vegetables	Infants: Cooked Vegetables
	Fruit/Dessert	Pears	Fruit Combo	Pineapple	Peaches	Homemade Loaf
	Breads/Grains	*Whole Wheat Bread	*Whole Wheat Dinner Rolls	*Whole Wheat Tortillas	*Brown Rice	*Whole Wheat Bread
Afternoon Snack		Apples	Applesauce	Raw Vegetables	Grapes	Oranges
		Arrowroots	*Baked Cinnamon Tortillas	Tzatziki Dip	Cheese	*Mini Bretons
		Water	Water	*WW Melba Toast	Water	Water
				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, peaches

* Indicates a whole grain or whole wheat serving

Reviewed October 2022

Winter Menu

Week 2

		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		Pears	Mixed Berries	Grapes	Blueberries	Bananas
		*PC Crackers	Oatmeal	WW English Muffins	*Shreddies	WW Bagels
		Milk	Milk	Milk	Milk	Milk
Lunch	Main Course	Tuna Casserole	Sloppy Joes	Baked Chicken	Vegetable Bean Soup & Cheese Cubes	Vegetable Fritata
	Beverage	Milk	Milk	Milk	Milk	Milk
	Vegetables	Peas	Yellow Beans	Potatoes	Mixed Vegetables in soup	Peppers
		Carrot Sticks	Raw Broccoli	Mixed Vegetables	Cucumbers	Salad
						Infants: Cooked Vegetables
	Fruit/Dessert	Pineapple	Peaches	Applesauce	Pears	Fruit Salad
Breads/Grains	*WW Dinner Rolls	*WW Hamburger Buns	*WW Bread	Soda Crackers	*Whole Wheat Bread	
Afternoon Snack		Apples	Bananas	Fruit Salad	Oranges or Clementine's	Kiwi's
		Cheese	*Homemade Bits & Bites	Wheat Thins	*Digestives	Bean Brownies
		Water	Water	Water	Water	Water

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Week 3

		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		Applesauce	Apples	Mixed Berries	Pineapple	Bananas
		*WW Bagels	*WW English Muffins with cinnamon butter	*Oatmeal	Cottage Cheese	*WW Melba Toast
		Milk	Milk	Milk	Milk	Milk
Lunch	Main Course	Egg Breakfast Burrito	Meat Loaf	Chicken Stew	Vegetarian Tortilla Pie	Fish (Sole)
	Beverage	Milk	Milk	Milk	Milk	Milk
	Vegetables	Green Peppers	Mashed Potatoes	Mixed Vegetables	Peas	Broccoli
		Salsa	Raw Broccoli			
		Infants: Cooked Vegetables	Squash			
	Fruit/Dessert	Pears	Homemade Loaf	Bananas	Fruit Salad	Peaches
Breads/Grains	*WW Tortilla Shells	*WW Dinner Rolls	*WW Bread	*WW Tortilla Shells	*Brown Rice *WW Bread	
Afternoon Snack		Oranges or Clementines	Raw Vegetables (sour cream dip)	Grapes	Apple Cinnamon	Pears
		Raisin Bread	*Triscuits	*Digestives	*WW Tortilla Shells	Mozzarella Cheese
		Water	Water	Water	Water	Water

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WW - indicates whole wheat

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Winter Menu

Week 4

		Monday	Tuesday	Wednesday	Thursday	Friday	
Morning Snack		Sliced Bananas	Blueberries	Mixed Berries	Raspberries	Bananas	
		*WW Cinnamon Toast	*Cheerios	*Oatmeal	Yogurt	Hard-boiled Eggs	
		Milk	Milk	Milk	Milk	Milk	
Lunch	Main Course	Vegetable Pizza with Tomato Lentil Sauce	Tuna Cheese Buns	Beef Stew	Corn, Black Bean & Chicken Casserole	Macaroni & Cheese with Tofu	
	Beverage	Milk	Milk	Milk	Milk	Milk	
	Vegetables		Green Peppers, Mushrooms	Mixed Vegetables	Potatoes, Peas	Carrot & Green Pepper Sticks	Green Beans
			Celery Sticks	Raw Broccoli	Corn in Stew		Cucumbers
		Infants:	Cooked Vegetables				
	Fruit/Dessert	Peaches	Fruit Salad	Pears	Pineapple	Applesauce	
Breads/Grains	*WW English Muffins	*WW Hamburger Buns	*WW Bread	(Brown Rice) WW Bread	Pasta, WW Bread		
Afternoon Snack		Carrots & Hummus	Grapes	Peaches	Apples	Oranges or Clementines	
		*WW Melba Toast	PC Crackers	*Digestives	Cheese Tea Biscuits	Homemade Loaf	
		Water	Water	Water	Water	Water	

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