

Cycled Fall/Winter Menu

WG: Whole Grain

WW: Whole Wheat

	Monday	Tuesday	Wednesday	Thursday	Friday
	Week 1	Week 1	Week 1	Week 1	Week 1
9:30 am	Cottage cheese Apples Milk	Yogurt Peaches Milk	WW toast Banana Milk	WG Cereal 100% Grape juice Milk	Sausage patty Potato tots Milk
12:00 pm	Turkey sandwich on WG bread Sweet potato Applesauce Milk	Creamy sausage pasta Carrots Salad Milk	Bean & cheese burrito Lettuce & tomato Green beans Milk	Ground beef w/ mushroom gravy WG brown rice Peas & carrots Applesauce Milk	Biscuits & gravy Cheese stick Mixed fruit Broccoli Milk
3:00pm	Pretzels Pears Water	WG Triscuit crackers Cheddar cubes Water	WG Goldfish Oranges Water	Graham crackers Milk Water	WG Wheat thins Apples Water
	Week 2	Week 2	Week 2	Week 2	Week 2
9:30 am	Waffles Mixed berries Milk	Yogurt Oranges Milk	WG toast Applesauce Milk	WG Oatmeal Peaches Milk	English muffin Banana Milk
12:00 pm	Tuna sandwich on WG bread Carrots Apples Milk	Tator tot casserole WG bread Broccoli Milk	Teriyaki chicken WG Brown rice Spinach Pears Milk	Beef Mac n Cheese Green beans Pears Milk	Ham Mashed potato WG bread Lettuce & tomato Milk
3:00pm	Graham cracker Oranges Water	WG Cereal 100% juice Water	Broccoli Cheddar cubes Milk	Cornbread muffin Milk Water	Pinwheels Milk Water
	Week 3	Week 3	Week 3	Week 3	Week 3
9:30 am	English muffin Apples Milk	Cottage Cheese Peaches Milk	WG cereal Bananas Milk	WG toast Apples Milk	Yogurt Peaches Milk
12:00 pm	Chicken salad sandwich On WW bread Spinach Peaches Milk	Baked pork chops WW bread Cranberry sauce Mashed potatoes Milk	Chicken alfredo pasta Lettuce & tomato salad Corn Milk	Cheese Quesadilla Spinach Peaches Milk	Chicken nuggets WW bread Corn Zucchini Milk
3:00pm	Ritz cracker Apples Milk	Celery Peanut butter Milk	Blueberries String cheese Water	Graham crackers Banana Water	Banana muffin 100% grape juice Water