

Fall & Winter Menu

Week 1

Monday

a.m.: Rice Krispies, fruit, and milk

p.m.: Taco salad and water

Tuesday

a.m.: English muffins, fruit, and milk

p.m.: Soup, crackers, and milk

Wednesday

a.m.: Raisin Bran, fruit, and milk

p.m.: Baking, fruit, and water

Thursday

a.m.: Whole-wheat toast, fruit, and milk

p.m.: Pudding, animal crackers, fruit, and water

Friday

a.m.: Yogurt, fruit, and water

p.m.: Spiced Pumpkin cake, fruit and water



Week 2

Monday

a.m.: Shreddies, fruit, and milk

p.m.: Rice, veggies, and water

Tuesday

a.m.: English muffins, fruit, and milk

p.m.: Garlic cheese bread, carrots, and water

Wednesday

a.m.: Raisin Bran, fruit, and milk

p.m.: Baking, fruit, and water

Thursday

a.m.: Whole-wheat toast, fruit, and milk

p.m.: Nachos, sour cream, salsa, and water

Friday

a.m.: Yogurt, fruit, and water

p.m.: Rice Krispie cake, fruit, and water



Week 3

Monday

a.m.: Corn Flakes, fruit and milk

p.m.: Veggies and dip, crackers, and water

Tuesday

a.m.: English muffins, fruit, and milk

p.m.: Ice cream, berries, and water

Wednesday

a.m.: Raisin Bran, fruit, and milk

p.m.: Baking, fruit, and water

Thursday

a.m.: Whole-wheat toast, fruit, and milk

p.m.: Trail mix and milk

Friday

a.m.: Yogurt, fruit, and water

p.m.: Pizza and water





Spring & Summer Menu

Week 1

Monday

a.m.: Rice Krispies, fruit, and milk

p.m.: Taco salad and water

Tuesday

a.m.: English muffins, fruit, and milk

p.m.: Fruit platter, crackers, and water

Wednesday

a.m.: Whole-wheat Cheerios, milk

p.m.: Baking, fruit, and water

Thursday

a.m.: Whole-wheat toast, fruit, and milk

p.m.: Pudding, animal crackers, fruit, and water

Friday

a.m.: Yogurt, fruit and water

p.m.: Banana bread and milk



Week 2

Monday

a.m.: Shreddies, fruit, and milk

p.m.: Rice, veggies, and water

Tuesday

a.m.: English muffins, fruit, and milk

p.m.: Garlic cheese bread, carrots, and water

Wednesday

a.m.: Whole-wheat Cheerios, milk

p.m.: Baking, fruit, and water

Thursday

a.m.: Whole-wheat toast, fruit, and milk

p.m.: Nachos, sour cream, salsa, and water

Friday

a.m.: Yogurt, fruit and water

p.m.: Rice Krispie cake, fruit, and water



Week 3

Monday

a.m.: Corn Flakes, fruit and milk

p.m.: Veggies & dip, crackers, and water

Tuesday

a.m.: English muffins, fruit, and milk

p.m.: Ice cream, berries, and water

Wednesday

a.m.: Whole-wheat Cheerios, milk

p.m.: Baking, fruit, and water

Thursday

a.m.: Whole-wheat toast, fruit, and milk

p.m.: Trail mix and milk

Friday

a.m.: Yogurt, fruit and water

p.m.: Pizza and water

