

FALL MENU

Breakfast may include items from the following list:

- whole grain toast
 - whole wheat English muffins
 - assorted whole grain cereals
 - oatmeal
 - whole grain/multi-grain cereal bars
 - pancakes
 - waffles
 - fresh fruit
 - raisin bread
- May be served with:
- jam
 - cream cheese
 - butter

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Lunch Snack	Autumn Vegetable Soup Grilled Cheese Sandwiches Freshly Baked Bran Muffins Orange Slices	<i>Taste of: AFRICA</i> Mild Curry Beef and Rice Pilaf Steamed Green Beans Peaches Vanilla Yogurt and Granola	Penne Pasta with Broccoli, Chickpeas and Zucchini in Garlic Oil Freshly Baked Banana Bread Apples	Roasted Herbed Chicken Legs Roasted Sweet Potato Medallions Roasted Squash Whole Grain Cereal Trail Mix Melon Slices	Cheese and Pepperoni Pizza Assorted Crudités Apple Sauce and Graham Crackers
Week Two Lunch Snack	Meat Ravioli in Zucchini Vegetable Marinara Sauce Caesar Salad Crackers and Cheese with Grapes	Breaded Chicken Cutlets Mashed Potatoes Sautéed Peas and Mushrooms Scones with Cream Cheese and Pears	White Fish Spanish Style Rice Herb-buttered Brussel Sprouts Naan Wedges and Hummus Dip and Apple Slices	Hearty Vegetable Medley Lentil Soup Grilled Cheese Sandwiches Oven-Baked Apple Cinnamon Crisp with Vanilla Ice Cream	Cheese and Pepperoni Pizza Assorted Crudités Carrot and Celery Sticks and Crackers and French Onion Dip
Week Three Lunch Snack	Cheese Perogies with Sour Cream Steamed Cauliflower and Carrots Apple Streusel Cake Sliced Pears	Roasted Chicken Legs Roasted Red Potato Wedges Roasted Turnip, Parsnip and Carrots Strips Cucumber Wedges and Crackers with Herbed Cream Cheese	Roasted Vegetable Frittata Tossed Garden Salad Sliced Seedless Grapes Whole Grain Cereal Trail Mix	<i>Taste of: RUSSIA</i> White Fish Vegetable, Beet and Potato Soup Deconstructed Fruit and Granola Yogurt Parfaits	Cheese and Pepperoni Pizza Assorted Crudités Whole Grain Nachos with Salsa
Week Four Lunch Snack	Tuna Salad in Pita Pockets Julienned Sliced Cucumber and Tomato Salad Sliced Seedless Grapes and Melba Toast and Cheese Cubes	Ham and Cheddar Cheese and Egg Quiche Steamed Broccoli Warm Pita Wedges with Humus and Sliced Apples	Homemade Vegetable and Chicken Noodle Soup Grilled Cheese Sandwiches Carrot Muffins Fresh Fruit	<i>Taste of: SERBIA</i> Cevapi, Tomatoes and Onions in a Pita (Mixed Meat Patty) Steamed Green Beans Vanilla Yogurt Granola and Berries	Cheese and Pepperoni Pizza Assorted Crudités Cantaloupe Slices Cream Cheese and Graham Crackers

★ Milk and water served at breakfast and lunch; water served at snack and throughout the day; grains will be whole wheat or whole grain wherever possible ★