

WINTER MENU

Breakfast may include items from the following list:

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| <ul style="list-style-type: none"> • whole wheat toast • whole wheat English muffins • assorted whole grain cereals | <ul style="list-style-type: none"> • oatmeal • pancakes • assorted bagels • yogurt and granola | <ul style="list-style-type: none"> • waffles • fresh fruit • raisin bread • french toast | <p>May be served with:</p> <ul style="list-style-type: none"> • jam • cream cheese • butter |
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	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Snack Lunch	<p>Breaded Chicken Fillets Herbed Garlic Bowtie Pasta Broccoli</p> <p>Apples with Melba Toast and cheese cubes</p>	<p>Broccoli Cheddar Frittata Roasted Sweet Potatoes</p> <p>Vanilla Yogurt with Berries</p>	<p><i>Taste of: ITALY</i> Pasta Bolognese Roasted Zucchini</p> <p>Trail Mix and Melon</p>	<p>Baked White Fish Turmeric Rice Mixed Vegetables (Broccoli, Cauliflower and Carrots)</p> <p>Banana Bread Muffins and Pear Slices</p>	<p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Whole Naan with Applesauce</p>
Week Two Snack Lunch	<p><i>Taste of: MOROCCO</i> Moroccan Vegetable Curry with Rice</p> <p>Seedless Grapes, Crackers and Cheddar Cheese Cubes</p>	<p>Fish Fillets Mashed Potatoes and Peas</p> <p>Graham Crackers with Mixed Berry Whipped Cream Cheese with Fruit</p>	<p>Homemade Vegetable and Chicken Noodle Soup Grilled Cheese</p> <p>Carrots, Celery and Cucumber with Ranch Dip</p>	<p>Beef Stir Fry with Vegetable Medley with Rice</p> <p>Cheese Cubes, Crackers and Pears</p>	<p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Whole Grain Nachos with Salsa and Sour Cream</p>
Week Three Snack Lunch	<p>Butternut Squash Mac n Cheese With Broccoli</p> <p>Cucumber, Cream Cheese and Crackers</p>	<p>Fish Fillets Seasoned Rice Pilaf (Spanish style) Roasted Zucchini</p> <p>Apples and Granola Squares</p>	<p>Sausages Penne in Marinara Sauce Cauliflower</p> <p>Yogurt Granola Parfait</p>	<p><i>Taste of: HUNGARY</i> Beef Vegetable Goulash Mashed Potatoes Rolls</p> <p>Banana Scones with Fruit</p>	<p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Sliced Seedless Grapes, Hummus and Crackers</p>
Week Four Snack Lunch	<p>Roasted Chicken Thighs Roasted Potatoes Peas</p> <p>Carrot Muffins and Fruit</p>	<p>Beef and Lentil Sheppard's Pie Cucumbers</p> <p>Whole Grain Nachos with Salsa and Sour Cream</p>	<p>Tuna Salad in a Whole Wheat Pita Cucumber and Tomato Salad</p> <p>Zucchini Muffins with Apples</p>	<p>Homemade Vegetable and Lentil Soup Grilled Cheese Sandwiches</p> <p>Veggie Tray with Ranch dip and Crackers</p>	<p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Crackers with WOW Butter and Applesauce</p>

★ 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 ★