

Breakfast may include items from the following list:

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| <ul style="list-style-type: none"> <li>• whole grain toast</li> <li>• whole wheat English muffins</li> <li>• assorted whole grain cereals</li> </ul> | <ul style="list-style-type: none"> <li>• oatmeal</li> <li>• whole grain/multi-grain cereal bars</li> <li>• pancakes</li> </ul> | <ul style="list-style-type: none"> <li>• waffles</li> <li>• fresh fruit</li> <li>• raisin bread</li> </ul> | <p>May be served with:</p> <ul style="list-style-type: none"> <li>• jam</li> <li>• cream cheese</li> <li>• butter</li> <li>• WOW butter</li> </ul> |
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# FALL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Snack Lunch	Roasted Bean and Vegetable Chili with Nachos	<i>Taste of: AFRICA</i> Mild Curry Beef and Rice Pilaf Steamed Green Beans	Penne Pasta with Broccoli, Chickpeas and Zucchini in Garlic Oil	Turkey Soup with Grill Cheese Sandwiches	Cheese and Pepperoni Pizza Garden Salad
	Freshly Banana Muffins and Apples	Blueberry Vanilla Yogurt and Granola	Whole Grain Cereal Trail Mix Melon Slices	Oven Baked Apple Cinnamon Crisp	WOW Butter and Jam Sandwiches with Bananas
Week Two Snack Lunch	Roasted Chickpea Salad Sandwiches with Seasoned French Fries	Tacos with Lettuce and Cheese and Roasted Corn Salsa	Pasta with Bean and Vegetable Marinara Sauce with Garlic Bread	Herb Roasted Chicken with Mash Potatoes, Peas and Mushrooms	Cheese and Pepperoni Pizza Quinoa Tomato Cucumber Salad
	Nacho Salsa and Sour Cream	Mixed Vegetables with Homemade Dip	Crackers, Cheese Cubes and Sliced Oranges	WOW Butter and Jam Sandwiches with Melon	Pumpkin Muffins with Cinnamon Cream Cheese
Week Three Snack Lunch	Minestrone Soup with Corn Bread	Spaghetti Bolognese with Ceasar Salad	Autumn Roasted Vegetable Stew With Tossed Garden Salad	<i>Taste of: INDIA</i> Butter Chicken with Rice and Mixed Vegetables	Cheese and Pepperoni Pizza Assorted Crudités
	Apple Sauce with Graham Crackers	Pumpkin Tarts	Carrot Muffins and Fruit	Whole Grain Cereal Trail Mix Grapes	Apple Donut Slices with WOW Butter and Granola Topping
Week Four Snack Lunch	Roasted Squash Mac & Cheese	Lemon Herb Fish, French Fries and Butter Roasted Brussel Sprouts	Chicken Ceasar Wraps with Tomato Basil Soup	<i>Taste of: SERBIA</i> Cevapi, Tomatoes and Cucumber Salad and herbed Rice	Cheese and Pepperoni Pizza With Greek Pasta Salad
	Melba Toast with Cream Cheese and Cucumber Slices	Whole Grain Cereal Trail Mix With Cheese Cubes	Oatmeal Cookies with Banana Slices	Apple Sauce and Rice Cakes	Deconstructed Fruit and Yogurt Granola Parfaits

★ 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 ★