

WINTER MENU

Breakfast may include items from the following list:

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| <ul style="list-style-type: none"> • whole grain toast • whole wheat English muffins • assorted whole grain cereals | <ul style="list-style-type: none"> • oatmeal • whole grain/multi-grain cereal bars • pancakes | <ul style="list-style-type: none"> • waffles • fresh fruit • raisin bread | <p>May be served with:</p> <ul style="list-style-type: none"> • jam • cream cheese • butter • WOW butter |
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	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Snack Lunch	Breaded Chicken Fillets Herbed Garlic Bowtie Pasta Broccoli	<i>Taste of: MOROCCO</i> Moroccan Vegetable Curry With Rice	Tuna Noodle Casserole Garden Salad	Beef Stir Fry with Vegetable Medley Rice	Cheese and Pepperoni Pizza Assorted Crudites
	Apples with Melba Toast and Cheese Cubes	Vanilla Yogurt with Berries	Trail Mix & Melon	Banana Bread Muffins & Pear Slices	Whole Pita Apple Sauce
Week Two Snack Lunch	Vegetarian Chilli Nacho Chips	Salmon Burgers Mixed Vegetables	Homemade Vegetable and Chicken Noodle Soup Grilled Cheese	<i>Taste of: ITALY</i> Pasta Bolognese Roasted Zucchini	Cheese and Pepperoni Pizza Assorted Crudites
	WOW Butter Roll Ups & Fruit	Raisin Oatmeal Cookies & Bananas	Graham Crackers with Cream Cheese & Apples	Carrot Muffins Fruit	Whole Grain Nachos Salsa & Sour Cream
Week Three Snack Lunch	Butternut Squash Mac n' Cheese Broccoli	<i>Taste of: HUNGARY</i> Beef Vegetable Goulash Mashed Potatoes & Rolls	Chicken Sausages Penne in Marinara Sauce Cauliflower	Vegetable Winter Stew Rice	Cheese and Pepperoni Pizza Assorted Crudites
	Rice Krispies & Fruit	Granola & Yogurt Parfait	Crackers, Cheese Cubes & Grapes	Rice Cakes with WOW Butter and Bananas	Apples & Oatmeal Muffins
Week Four Snack Lunch	Turkey Meatball Penne in Marinara Sauce Cauliflower	Vegetable & Lentil Soup Grilled Cheese Sandwiches	Tuna Salad in Whole Wheat Pita Cucumber & Tomato Salad	Beef/Lentil Sheppard's Pie Peas & Garden Salad	Cheese and Pepperoni Pizza Assorted Crudites
	Graham Crackers with Cream Cheese & Fruit	Whole Grain Nachos Guacamole	Zucchini Muffins with Apples	Mini Fruit Tarts	Crackers with WOW Butter Apple Sauce

★ 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 ★