

Winter Menu – WEEK 1

+Week Of					
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Assorted Cereal Milk	Applesauce and Crackers	Scrambled eggs with Toast	Yogurt and Arrowroot Crackers	Muffins
Fruit/Veggie					
Drink	Water	Water	Water	Water	Water
Lunch	Meatball Subs With Cheese	Sheppards Pie Bread	Ham and Potatoes Bread	Sausage and Pancakes with Syrup	Homemade Beef Soup Crackers/Bread
Vegetable	Cooked Carrots	Cucumber	Beans	Frozen Berries	Veggie Platter
Drink	Milk	Milk	Milk	Milk	Milk
Afternoon Snack	Yogurt	Homemade Bits and Bites	Cereal	Meat and Crackers	Assorted Squares
Fruit/Veggie					
Drink	Water	Water	Water	Water	Water

Fresh fruit is available at all snacks.
Whole wheat products will be used where appropriate.