

Winter Menu – 2018 WEEK 2

Week Of					
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with Milk	Yogurt Arrowroot Crackers	Waffles with Syrup	Muffins	Cereal with Milk
Fruit					
Drink	Water	Water	Water	Water	Water
Lunch	Meatball with Rice Bread	Pizza with Meat and Cheese	Roast Pork Mac and Cheese Bread	Chicken Rice Soup Grilled Cheese	Spaghetti with Meat Sauce Bread
Vegetable	Cucumber	Veggie Platter	Mixed Veggies		Salad Chose your own dressing
Drink	Milk	Milk	Milk	Milk	Milk
Afternoon Snack	Cheese and Crackers	Applesauce Crackers	Cereal	Toast with Assorted Spreads	Homemade Oatmeal Cookies
Fruit					
Drink	Water	Water	Water	Water	Water

Fresh fruit is available at all times during the day
Milk is served with Lunch
Whole wheat products will be used where appropriate.