

Week OF	Menu - Winter Week 1				
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Assorted Cereal	Yogourt	Assorted Cereal	Muffins	Yogourt
Fruit / Veggies					
Drink	Water	Water	Water	Water	Water
Lunch	Chicken StirFry	Pulled Pork with hashbrowns	Pancakes and Sausages	Hamburger soup with Crackers	Chicken Caccitatore served on WW pasta
Option 1: Fruit / Veggies	mixed veggies	Roast squash	Mixed Berries	Veggie Tray	Ceaser Salad
Option 2: Fruit/ Veggies					
Drink	Milk	Milk	Milk	Milk	Milk
Afternoon Snack	Mixed Berry Muffins	Applesauce	Meat, cheese and Crackers	Applesauce pureed frozen fruit	Chocolate chips cookies Banana cookies
Fruit / Veggies					
Drink	Water	Water	Water	Water	Water
	Whole Wheat Bread and Pasta will be used when available				
Infants :	Avoid sending dips other than Hummus and yogourt dip				
	When making veggie platters or salads infants are to be served cucumber, peppers or cooked veggies				