

Week OF	<b>Menu - Winter Week 2</b>				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Yogourt Lactose Option: Lactose free yogourt or applesauce	Assorted Cereal	Muffins	Yogourt	Assorted Cereal
Fruit / Veggies					
Drink	Water	Water	Water	Water	Water
Lunch	Meatballs with Rice	Ham with mashed potatoes	Pizza Lactose Option: Lactose Free Cheese	Spaghetti	Chicken & Rice Soup with crackers
Option 1:Fruit / Veggies	Peas and Carrots	Mixed Veggies	Ceaser Salad	Roasted Veggies	Veggie Tray
Option 2: Fruit/ Veggies					
Drink	Milk	Milk	Milk	Milk	Milk
Afternoon Snack	Applesauce	Popcorn Infants/ Tods - Muffins	Bits and Bites	Loaf or Muffins	Cheese and Crackers
Fruit / Veggies					
Drink	Water	Water	Water	Water	Water
	<b>Whole Wheat Bread will be used when available</b>				
	<b>Whole Grain Pasta will be used when available</b>				
	<b>Infants : Avoid sending dips other than Hummus and yogourt dip</b>				
	<b>When making veggie platters or salads infants are to be served cucumber, peppers, grated carrot or cooked veggies</b>				