

Fall/Winter Menu

Full Service Kitchen

Week ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Organic Yogurt served with Granola and Low-fat Milk	Cereal served with Low-fat Milk	Whole Grain Pancakes served with Low-fat Milk	Whole Grain English Muffins served with Jam and Low-fat Milk	Blueberry Muffins served with Low-fat Milk
LUNCH	Baked Pierogies served with Carrots, Peaches and Low-fat Milk Sub: Same	Whole Grain Baked Ziti served with Sauce, Peas, Pineapple and Low-fat Milk Sub: Same	Meatloaf served with Gravy, String Beans, Oranges and Low-fat Milk Sub: Veggie Patty	Tex Mex Rice served with Cheddar Cheese, Corn, Mixed Fruit and Low-fat Milk Sub: Same	Chicken Quesadilla served with Cheddar Cheese, Wheat Tortillas, Fresh Vegetables, Apples and Low-fat Milk Sub: Veggie Taco
AFTERNOON SNACK	Whole Grain Bagels served with assorted spreads and Water	Carrots served with Hummus, Wheat Crackers and Water	Fresh Apples served with Graham Crackers and Water	String Cheese served with Grapes and Water	Whole Grain Cereal Bars served with Water

