

Autumn/Winter Menu 2

AM Snack	Lunch	PM Snack
Cereal with Milk	Baked Macaroni and Cheese	Banana Cake Loaf
Fruits & Water	Mixed Vegetables	Fruits & Water
	Fruits & Water	
Yogurt with Granola	Stir Fry Mixed Vegetables	Cheese Slice on Crackers
Or Cereal	with Eggs	Vegetable Sticks
Fruits & Water	Fruits & Water/Milk	Water
Tea Scones with	Grilled Cheese & Chicken	Oatmeal Cookies with
Milk/Water & Fruits	Sandwich	Milk/Water & Fruits
	Fruits & Water	
Cereal with Milk	Vegetable Minestrone Soup	Turkey Slice Sandwich
Fruits & Water	Pita Bread or Crackers	Vegetable Sticks
	Fruits & Water	Water
Cinnamon Toast	Spaghetti with Vegetarian	Chocolate Cake
Milk/Water & Fruits	Fruit & Water	Milk/Water & Fruits