

### Autumn/Winter Menu 3

<b>AM Snack</b>	<b>Lunch</b>	<b>PM Snack</b> ---
Cereal with Milk	Beef Slice Sandwich	Cheese & Garlic Scones
Fruits & Water	Vegetable Sticks	Vegetable Sticks
	Fruits & Water	Water
Yogurt with Granola	Buttered Noodles with	Cheese Slice on Crackers
Or Cereal	Slice	Vegetable Sticks
Water & Fruits	Mixed Vegetables	Water
	Fruits & Water	
Cinnamon Bread Slice	Stir Fry Rice with Vegetables	Zucchini Loaf
Milk/Water & Fruits	with Turkey Sausage &	Water & Fruits
	Fruits & Water	
WOW Butter on Toast	Chili Soup with	Rice Crispy Squares
Water/Milk & Fruits	Crackers or Pita Bread	Milk/Water & Fruits
	Fruits & Water	
Cereal with Milk	Cheese Bannock Pizza	Chocolate Chip Cookies
Water & Fruits	Vegetable Sticks	Milk/Water & Fruits
	Fruits & Water	