

### Autumn/Winter Menu 3

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