

Autumn/Winer Menu 4

AM Snack	Lunch	PM Snack
Cereal with Milk	Chickpea Marinara with Pasta Shells	Oatmeal Raisin Cookies Milk/Water & Fruits
Fruits & Water	Fruits & Water	
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Cinnamon & Honey	Baked Mac & Cheese	Cheese Slice on Crackers
Milk/Water & Fruits	Mixed Vegetables	Vegetable Sticks
	Fruits & Water	
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Honey Spiced Bread	Cuban Black Bean and Vegetable Rice with Egg	Carrot Cake Loaf Water & Fruits
Milk/Water & Fruits	Slice, Water & Fruits	
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Cereal with Milk	Vegetable Soup with Lentils	Chicken Slice Sandwich
Fruits & Water	Dinner Rolls, Fruits & water	Vegetable Sticks Water
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Yogurt with Granola Or Cereal	Spaghetti & Vegetarian Sauce Fruits & Water	Rice Crispy Squares Milk/ Water & Fruits
Fruits & Water		
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