

Autumn/Winer Menu 4

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