

Autumn/ Winter Menu 1

AM Snack	Lunch	PM Snack
Yogurt with Granola	Chicken Slice Sandwich	Pumpkin Loaf Cake
Or Cereal	Vegetable Sticks & Fruit	Fruits & Water
Water & Fruits	Water	
Cereal with Milk	Buttered Noodles with	Cheese Slice on
Fruits & Water	Mixed Vegetables & Egg Slice	Crackers
	Fruits & Water	Veggie Sticks & Water
Oatmeal Loaf Slice	Stir Fry Tofu & Vegetable	Coffeecake
Milk/Water & Fruits	Fried Rice	Fruits & Water
	Fruits & Water	
Toast with Wow Butter	Broccoli & Cheese Soup	Rice Crispy Squares
Fruits & Water	Crackers, Fruits & Water	Milk/Water & Fruits
Cereal with Milk	Cheese Bannock Pizza	Oatmeal Chocolate Chip
Fruits & Water	Vegetable Sticks	Milk/Water & Fruits
	Fruits & Water	