WINTER MENU: WEEK 2

Together we can give our kids a Healthy, Active Start!

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	-Grandma's Best Banana Bread -Apple Smiles -Milk	-Whole Wheat Pancakes with Syrup -Sweet Berries -Milk	-Whole Grain Toast with butter & jam -Perfect Pears -Milk	-Yogurt -Crunchy granola or equivalent topping & Peachy Peaches -Milk	-Breakfast Scramble -Potatoes, Eggs & Cheese -Fresh Fruit in Season -Milk
Lunch	Beef Chili with Rice	Mac & Cheese with Ham	Sweet & Sour Meatballs with Rice	Chunky Chicken & Veggie Noodle Soup	Turkey & Cheese Wrap
	-Cooked Veggies with Corn -Milk	-Salad with Cucumbers & Dressing -Milk	-Cooked Mixed Veggies -Milk	-Whole Grain Roll - Milk	-Fresh Veggies -Milk
Snack	-Oatmeal Granola Square -Fresh Fruit in Season -Water	-Whole Grain Crackers -Cheese Slices -Fresh Fruit in Season -Water	-Naturally Nut Free Trail Mix -Fresh Fruit in Season -Water	-Whole Grain Pita with Spinach Dip -Fresh Fruit in Season -Water	-Ice cream Treat Fridays -Fresh Fruit in Season -Water

MENU DETAILS

= with Fish

= Regular

- ✔ Nut Free Facility
- ✔ 2% or Whole Milk Served
- ✔ Nutritionist Approved Menu
- ✔ Passes the "Child's Choice Taste Test!"