

FALL/WINTER MENU - 2023



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Pizza w/ Turkey sausage Strawberries	Whole Grain Waffles Banana Slices	French Toast Sticks Fresh Fruit Salad	Ground Turkey & Egg Breakfast Taco Mixed Berries	Pancakes Turkey Bacon Pears
Lunch	Ground Turkey Frito Pie w/ Whole Grain Chips Corn Peaches	Whole Grain Chicken Nuggets Carrots Mandarin Oranges	Meat Lasagna Green Beans Apple	Hamburger w/ Whole Wheat Bun French Fries Pears	Chicken Noodle Soup Carrots Peaches
Snack PM	Fresh Strawberry Yogurt Parfait w/ Granola	Wheat Crackers American Sliced Cheese Apple Slices	Pretzels w/ Bananas	Cantaloupe Balls w/ Cheese Cubes	Homemade Trail Mix w/ Raisins
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Pizza w/ Turkey sausage Strawberries	Whole Grain Waffles Banana Slices	French Toast Sticks Fresh Fruit Salad	Ground Turkey & Egg Breakfast Taco Mixed Berries	Pancakes Turkey Bacon Pears
Lunch	Turkey Tacos w/ Whole Grain Tortillas Refried Beans Rice Pilaf Mandarin Oranges	Steak Fingers w/ Cream Gravy Corn Peaches	Meatballs & Mashed Potatoes Peas Pears Whole Grain Bread	Chicken Fettuccini Alfredo Green Beans Whole Grain Bread Apple Slices	Chicken & Potato Soup Whole Grain Crackers Pineapple Chunks
Snack PM	Fresh Apple Slices String Cheese	Animal Crackers w/ Oranges	Chex-Mix Apple Sauce	Whole Grain Bread w/ Sun butter Banana Slices	Graham Crackers Apple Slices
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Pizza w/ Turkey sausage Strawberries	Whole Grain Waffles Banana Slices	French Toast Sticks Fresh Fruit Salad	Ground Turkey & Egg Breakfast Taco Mixed Berries	Pancakes Turkey Bacon Pears
Lunch	Beef Ravioli Corn Whole Grain Bread Fruit Salad	Cheese & Chicken Quesadilla Refried Beans Peaches	Whole Grain Penne Pasta W/ Meat Sauce Green Beans Mandarin Oranges	Ground Turkey & Cheese Enchiladas Steamed Rice Corn Apple Slices	White Cheddar Shells w/ Chicken Mixed Veggies Pineapple Chunks
Snack PM	Rice cakes Apple Brickle Cream Cheese Dip	Whole Grain Goldfish Apple Slices	Homemade Muffins Banana Slices	Vanilla Yogurt Whole Grain Teddy Grahams	Whole Grain Crackers Cubed Cheese
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Pizza w/ Turkey sausage Strawberries	Whole Grain Waffles Banana Slices	French Toast Sticks Fresh Fruit Salad	Ground Turkey & Egg Breakfast Taco Mixed Berries	Pancakes Turkey Bacon Pears
Lunch	Turkey & Cheddar Sandwich Sun Chips & Broccoli Apple Slices	Chicken Parmesan W/ Egg Noodles Corn Peaches	Tomato Soup Turkey & Cheddar Sandwich Strawberries	Chicken Tenders French Fries Whole Grain Bread Pineapple Chunks	Vegetable Beef Soup Saltine Crackers Orange Slices
Snack PM	Strawberries W/ Pretzels	Orange Slices Graham Crackers	Yogurt Peaches	Whole Grain Cheez-Its Orange Slices	Trail Mix Apple Sauce

*Breakfast and Lunch are served with 1% milk for children ages 24 months and up. Children ages 12-23 months are served whole milk.

*All snacks are served with water.