

# FALL/WINTER MENU - 2023



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Square w/ Turkey sausage Fresh Fruit 2% Milk	Waffles w/ Syrup Fresh Fruit 2% Milk	French Toast Sticks Fresh Fruit 2% Milk	Breakfast Taco Fresh Fruit 2% Milk	Pancakes Hash Browns Fresh Fruit 2% Milk
Lunch	Frito Pie Corn Fruit 2% Milk	Chicken Nuggets Mac & Cheese Fruit & 2% Milk	Meat Lasagna Green Beans Fruit & 2% Milk	Hamburger w/ Whole Wheat Bun French Fries Fruit & 2% Milk	Chicken Noodle Soup Grilled Cheese Fruit & 2% Milk
Snack PM	Strawberry Yogurt w/ Granola Water	Saltine Crackers Sliced Cheese Water	Vanilla Wafers W/ Bananas 100% Fruit Juice *Hot Pockets*	Cantaloupe Balls w/ Cheese cubes 100% Fruit Juice	Bosco Pizza Sticks 100% Fruit Juice
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Square w/ Turkey sausage Fresh Fruit 2% Milk	Waffles w/ Syrup Fresh Fruit 2% Milk	French Toast Sticks Fresh Fruit 2% Milk	Breakfast Taco Fresh Fruit 2% Milk	Pancakes Hash Browns Fresh Fruit 2% Milk
Lunch	Soft Turkey Tacos Rice Pilaf Fruit & 2% Milk	Steak Fingers Macaroni & Cheese Corn Fruit & 2% Milk	Meatballs & Mashed Potatoes Peas Fruit 2% Milk	Chicken Fettuccini Alfredo Green Beans Fruit & 2% Milk	Potato Soup Toasted wheat bread Fruit 2% Milk
Snack PM	Fresh Apple Slices String Cheese 100% Fruit Juice	Animal Cookies w/ Oranges 100% Fruit Juice *Fresh Fruit & Animal Cookies*	Chex-Mix Water *Sausage on a stick*	Nutri Grain Bar 2% Milk	Chocolate Chip Granola Bar 100% Fruit Juice
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Square w/ Turkey sausage Fresh Fruit 2% Milk	Waffles w/ Syrup Fresh Fruit 2% Milk	French Toast Sticks Fresh Fruit 2% Milk	Breakfast Taco Fresh Fruit 2% Milk	Pancakes Hash Browns Fresh Fruit 2% Milk
Lunch	Beef Ravioli Corn Fruit 2% Milk	Cheese Quesadilla Refried Beans Fruit & 2% Milk	Penne Pasta W/ Meat Sauce Green Beans Fruit & 2% Milk	Cheese Enchiladas Rice Fruit 2% Milk	White Cheddar Shells w/ Chicken Mixed Veggies Fruit & 2% Milk
Snack PM	Rice cakes Apple Brickle dip *Bosco pizza sticks	Whole Grain Goldfish 100% Fruit Juice *Corn Dogs*	Homemade Blueberry Muffins 100% Fruit Juice	Vanilla Yogurt Whole Grain Teddy Grahams 100% Fruit Juice	Ritz Crackers & Cubed Cheese 100% Fruit Juice
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Square w/ Turkey sausage Fresh Fruit 2% Milk	Waffles w/ Syrup Fresh Fruit 2% Milk	French Toast Sticks Fresh Fruit 2% Milk	Breakfast Taco Fresh Fruit 2% Milk	Pancakes Hash Browns Fresh Fruit 2% Milk
Lunch	Turkey Apple Cheddar Sandwich Sun Chips Fruit & 2% Milk	Chicken Parmesan W/ Egg Noodles Corn Fruit & 2% Milk	Tomato Soup Grilled Cheese Sandwich Fruit & 2% Milk	Chicken Tenders French Fries Fruit & 2% Milk	Vegetable Beef Soup Saltine Crackers Fruit & 2% Milk
Snack PM	Strawberries W/ Vanilla Wafers 100% Fruit Juice	Applesauce Cups Graham Crackers 100% Fruit Juice *Frito Pie	Animals Cookie & Chocolate Pudding Water	Cheez-Its 100% Fruit Juice *Lil smokies w/BBQ sauce	Trail Mix 100% Fruit Juice