



# Winter 2015

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal Fruit Milk	Ham and Cheese Quesadilla Apples Milk	Whole Wheat Toast Peanut Butter Bananas Milk	Yogurt Granola Berries Milk	Whole Wheat Pancakes Fruit Milk
<b>Snack</b>	Fruit Smoothies Crackers	Muffins Oranges	Peaches Homemade Graham Crackers	House Made Raisin Bread Jam Melon	Apples Cinnamon Cream Cheese Dip
<b>Lunch</b>	Meatballs in Tomato Sauce Carrots Broccoli Milk	Baked Chicken Sweet Potato Fries Coleslaw Milk	Cauliflower Quinoa "Mac" and Cheese Milk	Tuna Sandwiches Carrots and Celery Milk	Roasted Ham Mashed Potatoes Steamed Vegetables Milk
<b>Snack</b>	Whole Wheat Zucchini Bread Pears	Cheese Pretzels Cucumber	Quinoa Chips Carrot Sticks Hummus	Whole Wheat Cheese Scones	Whole Wheat Banana Bread Applesauce