



# Week 2

autumn - winter 2015

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Granola Yogurt Bananas Milk	Oatmeal Berries Milk	Hardboiled Egg Toast Orange Milk	Cereal Cantaloupe Milk	Bagels Cream Cheese Grapes Milk
<b>Snack</b>	Apples Peanut Butter OR Cream Cheese Dip Water	Rice Pudding Banana Almonds for ages 2 + Water	Fruit Smoothie Puffed rice crackers Water	Trail Mix Cookies Grapes Water	Apple-coconut Muffins Orange Water
<b>Lunch</b>	Vegetarian Lasagna Steamed Broccoli Milk	Garlic Chicken Quinoa Pilaf Mixed Vegetables Milk	Pork Sausages Brown Rice Green Salad Milk	Roast Beef Mashed Sweet Potatos Green Beans Milk	Tuna Melt Caesar Salad Milk
<b>Snack</b>	Cornmeal Bread Bell Peppers Water	Crackers Cheese Broccoli Water	Granola Bar Carrots Water	Carrot-Banana Bread Cauliflower Water	Quinoa Chips Hummus Cucumber Water