



# Week 4

Fall - Winter 2017

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal Apples Milk	Bagels Cream Cheese Melon Milk	Yogurt Granola Berries Milk	Raisin Bread Grapes Milk	Whole Wheat Toast Wow Butter Banana Milk
<b>Snack</b>	Apple Cinnamon-Raisin Cream Cheese Dip Water	Apricot-cornmeal Muffins Orange Water	Cottage Cheese Pineapple Water	Rice Cakes Peanut Butter or Wow Butter Bananas Water	Pumpkin-orange Bran muffins Melon Water
<b>Lunch</b>	Chicken Vegetable Soup Whole Wheat Buns Milk	Tuna and Potato Casserole Garden Salad Milk	Grilled Zucchini Quesadilla Bean Salad Milk	Pork Souvlaki Rice Steamed Carrots Milk	Cheesy Chili Barley Melt Steamed Cauliflower Milk
<b>Snack</b>	Carrot Bran Muffins Bell Pepper Water	Crackers Carrots Classic Hummus Water	Pumpkin & Cream Cheese Bread Cucumber Water	Healthy Oat Cookie Cauliflower Ranch dip Water	Quinoa Chips Guacamole or Salsa Water