



Week 3

Fall - Winter 2017

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Apples Milk	Bagels Cream Cheese Melon Milk	Yogurt Granola Berries Milk	Raisin Bread Grapes Milk	Whole Wheat Toast Wow Butter Banana Milk
Snack	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
Lunch	Chicken Adobo Noodles Steamed Broccoli Milk	Tilapia Scampi Quinoa Mixed Vegetables Milk	Vegetarian Pizza Caesar Salad Milk	Beef Stew Potatoes Peas Milk	Pork Sausage Skillet Rice Roasted Carrots Milk
Snack	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