



Week 1

autumn - winter 2015

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Granola Yogurt Bananas Milk	Oatmeal Berries Milk	Hardboiled Egg Toast Orange Milk	Cereal Cantaloupe Milk	Bagels Cream Cheese Grapes Milk
Snack	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
Lunch	Choice of Egg or Cheese Sandwiches Green Salad Milk	Beef Stew Brown Rice Steamed Cauliflower Milk	Chicken and Vegetable Soup Whole Wheat Bun Milk	Cheesy Ham and Barley Casserole Corn and Peas Milk	Baked Fish Fillet Mashed Potatoes Steamed Carrots Milk
Snack	Cornmeal Bread Bell Peppers Water	Crackers Cheese Broccoli Water	Granola Bar Carrots Water	Carrot-Banana Bread Cauliflower Water	Quinoa Chips Hummus Cucumber Water