



Winter 2015

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Snack	Fruit Smoothies Crackers	Muffins Oranges	Peaches with Homemade Graham Crackers	House Made Raisin Bread Jam Melon	Apples Cinnamon Cream Cheese Dip
Lunch	Grilled Cheese Sandwich Tomato Soup Milk	Butter Chicken Rice Milk	Pork Souvlaki Tzatziki Salad Pita Milk	Meatloaf Mashed Potatoes Cauliflower and Broccoli Milk	Tilapia Au Gratin Quinoa Peas Milk
Snack	Whole Wheat Zucchini Bread Pears	Cheese Pretzels Cucumber	Quinoa Chips Carrot Sticks Hummus	Whole Wheat Cheese Scones	Whole Wheat Banana Bread Applesauce