



Fall 2014

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Fruit Milk	Oatmeal Berries Milk	Homemade Cinnamon Raisin Bread with Fruit Spread Milk	Scrambled Eggs Toast Fruit Milk	Apple, Honey and Cheese Quesadillas Milk
Snack	Fruit Smoothies Crackers	Apples with Cinnamon Cream Cheese Dip	Peaches Homemade Graham Crackers	Flavored Scones Melon	Granola Yogurt
Lunch	Cheese Burgers Cucumbers and Tomato Slices Milk	Chicken Noodle Soup Milk	Pork in Mushroom Soup Mashed Potatoes Green Beans Milk	Greek Quinoa Salad with Feta Cheese Milk	“Crabbies” Crab Melts Salad Milk
Snack	Fruity Granola Bars Oranges	Veggies Corn Chips Fresh Cut Salsa	Pumpkin Bread Applesauce	Peanut Butter Rice Cakes Bananas	Cheesy Chex Mix Oranges