



# Winter 2015

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	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
<b>Snack</b>	Fruit Smoothies Crackers	Muffins Oranges	Peaches with Homemade Graham Crackers	House Made Raisin Bread Jam Melon	Apples Cinnamon Cream Cheese Dip
<b>Lunch</b>	Spaghetti Primavera Ceaser Salad Milk	Beef and Root Vegetable Stew Whole Wheat Buns Milk	Pork Sausages Perogies Broccoli Milk	Chicken and Rice Soup Milk	Baked Salmon Quinoa Vegetable Cakes Milk
<b>Snack</b>	Whole Wheat Zucchini Bread Pears	Cheese Pretzels Cucumber	Quinoa Chips Carrot Sticks Hummus	Whole Wheat Cheese Scones	Whole Wheat Banana Bread Applesauce