



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	Sweet and Sour Pork and Napa Cabbage Stir-fry Noodles Milk	White Chili with Ground Turkey and Beans Buns Milk	Middle Eastern "Mujadara" (Lentils and Rice) Milk	Shepard's Pie Milk	Fish Corn Chowder Whole Wheat Crackers Milk
Snack	Fruity Granola Bars Oranges	Veggies Corn Chips Fresh Cut Salsa	Pumpkin Bread Applesauce	Peanut Butter Rice Cakes Bananas	Cheesy Chex Mix Oranges