



# Fall 2014

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	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
<b>Snack</b>	Fruit Smoothies Crackers	Apples with Cinnamon Cream Cheese Dip	Peaches with Homemade Graham Crackers	Flavored Scones Melon	Granola Yogurt
<b>Lunch</b>	Make your own Ham or turkey Sandwiches Veggies Milk	Paneer (Indian Cheese) Curry Rice Milk	Spaghetti with Meat Sauce Garlic Toast Milk	Hungarian Chicken Paprikash Roasted Potatoes Milk	Tilapia with Pineapple Sweet and Sour Sauce Rice Milk
<b>Snack</b>	Fruity Granola Bars Oranges	Veggies Corn Chips Fresh Cut Salsa	Pumpkin Bread Applesauce	Peanut Butter Rice Cakes Bananas	Cheesy Chex Mix Oranges