



Week 1

Fall - Winter 2017

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Apples Milk	Bagels Cream Cheese Melon Milk	Yogurt Granola Berries Milk	Raisin Bread Grapes Milk	Whole Wheat Toast Wow Butter Banana Milk
Snack	Apple Cinnamon-Raisin Cream Cheese Dip Water	Apricot-cornmeal Muffins Orange Water	Cottage Cheese Pineapple Water	Rice Cakes Peanut Butter or Wow Butter Bananas Water	Pumpkin-orange Bran muffins Melon Water
Lunch	Roast Chicken Mashed Potatoes Corn Milk	Curry Shrimp Brown Rice Stir-fried Vegetables Milk	Korean Tofu Soup Honey Bread Milk	Baked Ham Spinach Barley Steamed Carrots Milk	Build your own Burger Greek Salad Milk
Snack	Carrot Bran Muffins Bell Pepper Water	Crackers Carrots Classic Hummus Water	Pumpkin & Cream Cheese Bread Cucumber Water	Healthy Oat Cookie Cauliflower Ranch dip Water	Quinoa Chips Guacamole or Salsa Water