



Winter Menu Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal Fruit Yogurt Milk	Pancakes Fruit Yogurt Milk	Cheese Toast Applesauce Yogurt Milk	Coffee Cake Fruit Yogurt Milk	Egg Wraps with Turkey Bacon Fruit Milk
Morning Snack	Chips Dip Water	Crackers Carrots Juice	Goldfish Crackers Raisins Water	Cream Cheese Graham Crackers Water	Special K Cereal Milk
Lunch	Chicken Cheesy Rice Veggies Milk	Taco Quesadillas Apples Milk	Meatball Stroganoff Noodles Veggies Milk	Chicken and Rice Casserole Veggies Tortillas Milk	Macaroni and Cheese Broccoli Milk
Afternoon Snack	Apples Cheese Water	Raisin Bread Water	Snack Mix Oranges Water	Pretzels Spinach Dip Water	Banana Bread Water