



## Winter Menu Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Fruit Yogurt Milk	English Muffins Cottage Cheese Oranges Milk	Eggs Applesauce Toast Milk	Waffles Fruit Yogurt Milk	Quiche Toast Blueberry Yogurt Milk
Morning Snack	Chips Warm Bean Dip Water	Apples Yogurt Water	Snack Mix Craisins Water	Graham Crackers Jam Cream Cheese Water	Cheese Pickles Water
Lunch	Teriyaki Chicken Stir fry Veggies Rice Milk	Tomato Soup Grilled Cheese Sandwiches Milk	Spaghetti Bread Broccoli Milk	Chicken Enchilada Soup Tortillas Milk	Chef's Choice
Afternoon Snack	Cheese Roll-ups Water	Ritz Crackers Cheese Water	Smoothies Animal Crackers Water	Chips Dip Water	Zucchini Bread Water