



Winter Menu Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Fruit Yogurt Milk	Bagels Fruit Cottage Cheese Orange Juice	English Muffins Fruit and Yogurt Smoothies Milk	Eggs Toast Yogurt Milk	French Toast Sticks Turkey Bacon Fruit Milk
Morning Snack	Smoothies Graham Crackers Water	Vanilla Wafer Cookies Fruit Water	Goldfish Crackers Raisins Water	Cheese Crackers Water	Cereal Milk Water
Lunch	Cheese Pizza Salad Milk	Quiche Roasted Potatoes Milk	Meatloaf Veggies Bread Milk	Enchilada Soup Cornbread Milk	Grilled Turkey and Cheese Sandwiches Veggies Milk
Afternoon Snack	Cheese-Its Oranges Water	Applesauce Graham Crackers Water	Apples Yogurt Water	Fruit Muffins Water	Pickles Pretzels Water