

WEEK ONE FALL/WINTER MENU

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	CHEERIOS WITH FRUIT MILK/WATER	APPLESAUCE WITH GRAHAM CRACKERS MILK/WATER	FRUIT YOGURT WITH ARROWROOT MILK/WATER	HOMEMADE OATMEAL WITH FRUIT MILK/WATER	EGGS IN A FRAME AND FRUIT MILK/WATER
LUNCH	CHEESE QUESIDILLAS WITH SALSA AND SOUR CREAM AND LOW SODIUM HAM CUCUMBERS TOMATOE WEDGES MILK/WATER	TATER TOT CASSEROLE TOSS SALAD WITH CUCUMBERS AND TOMOTOES MILK/WATER	PEROGIES WITH LOW SODIUM BREAKFAST SAUSAGE CORN FRUIT MILK/WATER	CHICKEN NUGGETS VEGGIES FRIES FRUIT MILK/WATER	PASTA WITH VEGGIE SAUCE CEASER SALAD CUCUMBERS FRUIT MILK/WATER
P.M. SNACK	RICE CAKES FRUIT WATER	APPLES WITH YOGURT DIP WATER	OATMEAL COOKIE WITH FRUIT WATER	BANANA MUFFINS WITH FRUIT WATER	SEASONAL FRUIT WITH RITZ CRACKERS WATER