

WEEK TWO FALL/WINTER MENU

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	FRUIT YOGURT WITH ARROWROOT COOKIE MILK/WATER	WHOLEWHEAT ENGLISH MUFFINS WITH BANANAS MILK/WATER	FRUIT MUFFINS MILK/WATER	CHERRIOS WITH FRUIT MILK/WATER	CINNAMON TOAST AND FRUIT MILK/WATER
LUNCH	GRILL CHEESE SANDWICHES ON WHOLE WHEAT BREAD WITH BAKED BEANS, FRUIT MILK/WATER	PANCAKES, WITH LOW SODIUM HAM, COOL WHIP AND FRUIT SAUCE MILK / WATER	FISH STIX SWEET POTATOE FRIES CUCUMBER PEARS MILK/WATER	HOMEMADE CHICKEN BURGERS WITH LETTUCE, TOMATOES CORN OVEN ROASTED POTATOES MILK/WATER	CHEESE BURGER RICE CASSEROLE CUCUMBERS FRUIT MILK/WATER
P.M. SNACK	RICE CAKES SEASONAL FRUIT WATER	HOMEMADE CINNAMON SWIRL CAKE FRUIT WATER	TACO CHIPS AND SALSA FOR OLDER CHILDREN, CRACKERS FOR YOUNGER WATER	WHOLE WHEAT APPLECRISP WATER	CEREAL MIX (CHERRIOS, CHREDDIES, FISH CRACKERS) FRUIT WATER