

## WEEK FOUR FALL/WINTER MENU

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	SHREDDIES WITH FRUIT <b>MILK/WATER</b>	HOMEMADE BUSCUITS WITH FRUIT <b>MILK/WATER</b>	YOGURT WITH DIGESTIVE COOKIES <b>MILK/WATER</b>	WAFFLES WITH FRUIT <b>MILK/WATER</b>	PEARS WITH GRAHAM CRACKERS <b>MILK/WATER</b>
<b>LUNCH</b>	TACO'S ON WHOLE WHEAT WRAPS WITH LETTUCE, TOMATOES, AND CHEESE. BROCCOLI SALAD FRUIT <b>MILK/WATER</b>	FRENCHTOAST LOW SODIUM HAM CHUNKS STRAWBERRY SAUCE TOMATOES <b>MILK/WATER</b>	Chicken AND RICE WITH VETETABLE SOUP GRILL CHEESE SANDWICHES FRUIT <b>MILK/WATER</b>	CASSEROLE WITH GROUND pork, DICED TOMATOES, ONIONS, NOODLES AND CHEESE WITH FRUIT CUCUMBERS <b>MILK/WATER</b>	PEROGIES WITH LOW SODIUM BREAKFAST SAUGES MIXED VEGGIES FRUIT <b>MILK/WATER</b>
<b>P.M. SNACK</b>	APPLES AND CHEESE WITH CRACKERS <b>WATER</b>	CARROT CAKE AND FRUIT <b>WATER</b>	RICE KRISPIE SQUARES WITH FRUIT <b>WATER</b>	SHAKE EM UP ORANGE BARS <b>WATER</b>	HOMEMADE BREAD STIXS WITH MARANARA SAUCE <b>WATER</b>