

## WEEK FIVE FALL/WINTER MENU

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b>	CHERRIOS WITH FRUIT MILK/WATER	APPLESAUCE WITH ARROWROOTS MILK/WATER	HARD BOIL EGG AND CINNAMON TOAST MILK/WATER	FRUIT MUFFINS MILK/WATER	HOMEMADE OATMEAL FRUIT MILK/WATER
<b>LUNCH</b>	PIZZA BUNS WITH LOW SODIUM HAM MIXED VEGGIES FRUIT MILK/WATER	CHICKEN CHILI WITH CARROTS AND BEANS IN IT WHOLEWHEAT BREAD MILK/WATER	VEGGIE LASAGNA TOSSED SALAD WITH TOMATOES AND CUCUMBER FRUIT MILK/WATER	HOMEMADE PANCAKES STRAWBERRY SAUCE WHIPPED CREAM SAUSAGES CUCUMBERS MILK/WATER	SWEET AND SOUR MEATBALLS BROWN RICE CARROTS FRUIT MILK/WATER
<b>P.M. SNACK</b>	RITZ CRACKERS FRUIT WATER	HEALTHY ZUCCINI CAKE WITH FRUIT WATER	HOMEMADE CHOCOLATE CHIP COOKIES FRUIT WATER	FISH CRACKERS FRUIT WATER	HEALTHY BROWNIES AND FRUIT WATER