

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	snack	Hard cheese & crack juice	melon wedges low fat yogurt dip	Cheerios milk	Pears	Carrot muffin milk
Oct. 9-13						
Nov.13-17	lunch	Shepard's Pie	Cheesy scrambled	Spaghetti with meat sauce	Tomato soup	Fish sticks
Dec.18-22		Pickles or cucumber	Egg burger	carrots/celery sticks	Grilled Cheese &	Mashed potatoes
Jan.22-26		chocolate pudding	celery sticks	w.w. bread	sandwiches	peas/carrots
Feb.26-2		milk	Blueberry muffin squares	peaches	jello	yogurt
April 2-6			milk	milk	milk	milk
May 7-11	snack	granola bars/cereal apple juice	Pretzels & PB dip juice	veggies* & dip	apple wedges raisins	Rice krispee squares apple juice
Week 2	snack	Mandarin Oranges	½ bagel & jam/cream cheese	Fruit & Ritz crackers	Rice cakes	Grapes
Oct. 16-20		Arrowroot cookies	orange juice	juice	Milk	cheese
Nov.20-24	lunch	tacos	Turkey / gravy	Turkey stew	Hot hamburger	Pizzas
Dec.25-29		rice	mashed potatoes	whole wheat bread	Mashed potatoes	fresh veggies/dip
Jan.29-2		bread	vegetables	or tea biscuits	Peas & carrots	fruit cocktail
Mar.5-9		Peaches/pears	peaches/pears	fruit cocktail/apple sauce	cookie	milk
Apr.9-13		milk	milk	milk	milk	
May14-18	snack	Bananas & Milk	Trail mix* juice	Oatmeal cookies Apple juice	fruit wedges and dip	Graham wafers Honey
Week 3	snack	Oatmeal milk	Boiled eggs / toast triangles milk	Orange slices digestives	½ Banana milk	Blueberry muffins milk
Oct. 23-27						
Nov. 27-1	lunch	Soup	Roast beef & gravy	Pancakes	Sloppy Joes	Macaroni casserole
Jan.1-5		Tuna & crackers	Mashed potatoes	sausage	Carrot sticks	Bread
Feb.5-9		ice cream	veggies	apple crisp	Surprise muffins	Fresh veggies
Mar.12-16		milk	jello	milk	Milk	Mandarin oranges
Apr.16-20			milk			milk
May 21-25	snack	Nacho chips & salsa juice	Popcorn* Water	Veggies & dip*	Apple sauce	Choc. chip cookies juice
Week 4	snack	Mixed dry cereal	Grapes/ cheese cubes	Banana Bread & juice	Graham wafers	½ banana & milk
Oct. 30-3	lunch	Peanut butter and je	Baked Ham	Bacon	Meatloaf	Cheese Quesadillas
Dec. 4-8		sandwiches	Scalloped potatoes	Scramble eggs	Mashed potatoes	Salsa & Sour cream
Jan.8-12		Cut up veggies	corn	Toast	Mixed vegetables	Cookie
Feb.12-16		Pears	peaches/pears	Pudding	Jello	Milk
Mar.19-23		milk	milk	milk	milk	milk
Apr.23-27	snack	Ice cream	Orange slices	Salami, cheese and	Arrowroot cookies	Peanut butter cookies
May 28-1			Ritz crackers	crackers and juice	Apples	milk
Week 5	snack	Hard cheese & saltin	Fruit & milk	Apple sauce	Yogurt	cereal & milk
Nov. 6-10	lunch	Chicken Alfredo	Chicken nuggets	Lasagna	Waffles with fruit	Tuna bake
Dec.11-15		Cucumber	Rice	W.W. bread	Pudding	W.W bread
Jan.15-19		Mandarin oranges	Corn	Carrot sticks	Milk	Apple sauce
Feb.19-23		Milk	Yogurt Milk	Butterscotch squares		Milk
Mar.26-30				Milk		
Apr.30-4	snack	Grapes Gingersnaps	Banana muffins	Digestive cookies Milk	Nacho chips* & Salsa Juice	Sugar cookies Juice

*June 4th the Summer Menu starts
WINTER MENU 2006