



Fall/Winter Menu Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pita wedges with apple sauce and milk	Oranges, graham crackers and milk	Granola, bananas and milk	Fresh fruit, rice cakes and milk	Clementines, whole wheat bread sticks and milk
Lunch	Pasta bake with peas, fruit and milk	Curried vegetables with rice, bread, fruit and milk	Spaghetti with red lentil sauce, salad, fruit and milk	Vegetable fritters with quinoa salad, fruit and milk	Butternut squash soup, tofu fingers, whole grain roll, fruit and milk
PM Snack	Homemade mixed fruit and oat bar with water	Whole grain crackers, cucumbers, dip and water	Scones with fresh fruit and water	Homemade muffins with fresh fruit and water	Fresh veggie sticks, whole wheat pita, hummus and water

Milk provided is oat or coconut.

Infants and children with food restrictions will need substitutes provided by parents/caregivers.

Some substitutaions may be provided by Brown Bear.