



Fall/Winter

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios (WG) Blueberries Milk	Biscuit Cheddar Milk CN	Turkey Sausage Breakfast Pizza Milk CN	Oatmeal (WG) Fresh Pears+ Milk	Pancakes (WW)* Peaches Milk
Lunch	Chili Con Carne with Beans* Cornbread (WW)* Apple Slices+ Milk	Turkey Soft Taco* (Cheese, lettuce, tomato, WW Tortilla) Sweet Corn Strawberries Milk	BBQ Chicken Drumstick Roasted Potatoes Mixed Fruit Milk	Shepherd's Pie* Green Beans Mango Milk	Cheese Pizza (WG) Sweet Peas Pineapple Milk CN
PM Snack	WG Graham Crackers Banana Water	Colby Jack Cheese WG Crackers Water	Maple Cinnamon Sun Butter Dip Apple Slices+	Soft Pretzel Bites (WG) Mandarin Orange Water	WG Cinnamon Graham Crackers Apple Juice

WW – Whole Wheat
CN – Child Nutrition Label
+ - Cooked for Infants

WG – Whole Grain
* - CACFP Recipe



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal (WG) Blueberries Milk	Toast w/Sun Butter Apple Slices Milk	Turkey Sausage Breakfast Pizza Milk CN	Oatmeal (WG) Mixed Berries Milk	Pancakes (WW) Strawberries Milk
Lunch	Beef Stew* WW Roll Mixed Fruit Milk	Turkey Meatloaf* Green Beans Peaches Milk	Spaghetti (WG)* (Ground Turkey) Vegetable Blend (Broccoli, Cauliflower, Green Beans, Peppers) Watermelon Milk	Hashbrown Casserole* Garden Salad with Raspberry Vinaigrette Peaches Milk CN	Chicken Alfredo w/a Twist (WG)* Steamed Broccoli Mango Milk
PM Snack	WG Crackers Colby Jack Cheese Water	Yogurt Tubes WW Graham Crackers Water	WG Goldfish Crackers Apple Juice	Apple Slices+ Greek Yogurt Dip Water	Mozzarella String Cheese Grape Juice

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios (WG) Strawberries Milk	Biscuit (WW) Mixed Berries Milk CN	Turkey Sausage Breakfast Pizza Milk CN	Oatmeal (WG) Strawberries Milk	Pancakes (WG)* Applesauce Milk
Lunch	Grilled Cheese Sandwich (WW) Tomato Soup* Banana Milk	Teriyaki Chicken Oven Fried Rice Green Beans Apple Slices+ Milk	Chili Mac* Sweet Corn Blueberries Milk	Baked Fish Roasted Potatoes Fresh Orange Slices Milk CN	Chicken & Cheese* Quesadilla, Chipotle Slaw Diced Mango Milk CN
PM Snack	WG Crackers Mandarin Oranges Water	Colby Jack Cheese Soft Pretzel Bites (WG) Water	WG Banana Bread* Apple Juice	WG Sun Chips Grape Juice Or WG Crackers (I)	WG Blueberry Muffin Milk CN

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal (WG) Fresh Pears Milk	Cinnamon Raisin Toast Apple Slices+ Milk	Turkey Sausage Breakfast Pizza Milk CN	Oatmeal (WG) Peaches+ Milk	Pancakes (WW) Banana Milk
Lunch	Chicken & Noodle Soup* Sweet Peas Fresh Mandarin Orange Milk	Fish Sandwich on WW Bun Vegetable Blend (Broccoli, Cauliflower, Green Beans, Peppers) Pineapple Milk CN	Sloppy Joe on WW Bun* Sweet Potato Fries Blueberries Milk	WG Chicken Tenders Mashed Potatoes* Fresh Watermelon Milk CN	WG Mac & Cheese* Steamed Broccoli Fresh Orange Slices Milk
PM Snack	WG Strawberry Chex Mix Milk	String Cheese WG Crackers Water	Fresh Apple Slices+ Greek Yogurt Dip Water	WG Goldfish Crackers Orange Juice	WG Graham Crackers Applesauce Water

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