



Fall/Winter

Week 1

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

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

WG – Whole Grain
* - CACFP Recipe



Fall/Winter

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal (WG) Strawberries Milk	Toast w/Sun Butter Apple Slices Milk	Egg & Sausage Breakfast Pizza Milk CN	Oatmeal (WG) Banana Milk	Pancakes (WW) Blueberries Milk
Lunch	Turkey & Veggie 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) Cherries Milk CN	Egg & Sausage Breakfast Pizza Milk CN	Oatmeal (WG) Strawberries Milk	Pancakes (WG)* Applesauce Milk
Lunch	Grilled Cheese Sandwich (WW) Tomato Soup* Banana Milk	Fish Sandwich on WW Bun Vegetable Blend (Broccoli, Cauliflower, Green Beans, Peppers) Pineapple Milk CN	Turkey Lo Mein* Carrots Apple Slices+ Milk	WG Chicken Tenders Mashed Potatoes* Melon Milk CN	Chicken & Cheese* Quesadilla, Chipotle Slaw Mango Milk CN
PM Snack	WG Crackers Mandarin Oranges Water	Colby Jack Cheese Soft Pretzel Bites (WG) Water	WG Banana Bread* Milk	WG Sun Chips Grape Juice Or WG Crackers (I)	Yogurt Tubes Oyster Crackers Water

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal (WG) Blueberries Milk	Cinnamon Raisin Toast Apple Slices ⁺ Milk	Egg & Sausage Breakfast Pizza Milk CN	Oatmeal (WG) Peaches ⁺ Milk	Pancakes (WW) Banana Milk
Lunch	Chicken & Noodle Soup* Sweet Peas Fresh Mandarin Orange Milk	Teriyaki Chicken Oven Fried Rice Green Beans Cherries Milk	Black Bean Cheeseburger on WW Bun* Sweet Potato Fries Strawberries Milk	Baked Fish Roasted Potatoes Melon Milk CN	WG Mac & Cheese* Steamed Broccoli Fresh Orange Slices Milk
PM Snack	String Cheese WG Crackers Water	WG Graham Crackers Applesauce Water	Fresh Apple Slices ⁺ Greek Yogurt Dip Water	WG Goldfish Crackers Orange Juice	WG Apple Cinnamon Muffin Milk CN

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