

WINTER WEEKLY MENU II

	Monday	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	Muffins Peaches Milk	Croissants Seasonal fresh fruit Milk	Cream of wheat Bananas Milk	Scrambled eggs Whole wheat toast Apple sauce Milk	English muffins Pears Milk
L U N C H	Meatloaf with gravy Brown rice Greens Milk	Cheese ravioli Broccoli Peaches Milk	Taco salad (ground turkey, cheese, lettuce, tomatoes, chips) Refried beans Pineapples Milk	Beef soup Grilled cheese Oranges Milk	Fish sandwich Coleslaw Sweet potato fries Milk
S N A C K	Yogurt Graham crackers Water	Vanilla wafers Milk	Apple sauce Graham crackers Milk	Whole wheat crackers Cheese Water	Muffins Milk

