

WINTER MENU 2018-2019

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM SNACK

Veggies/Fruit	PEAR SLICES			SEASONAL FRUIT	
Grain Product	FRENCH TOAST	W/W TOAST	BANANA BREAD	WAFFLES	W/W TOAST
Meat +/-or Alt		WOW BUTER			HARD BOILED EGGS
No Value	WATER			WATER	
Milk +/-or Alt		MILK	MILK		MILK

LUNCH

	MEATLOAF	SOULVAKI	SOUP & SANDWICH	EGG BAKE	VEGGIE CHILI MAC
Veggies/Fruit	PEAS APPLESAUCE	GARDEN SALAD	POTATO/CARROT SOUP GRAPES	BROCCOLI PEACHES	PEPPERS, CORN
Grain Product	EGG NOODLES	NA'AN BREAD	W/W WRAPS	W/W BAGELS	W/W MACARONI W/W BREAD SLICES
Meat +/-or Alt	GROUND BEEF	CHICKEN	TURKEY MEAT	EGGS	KIDNEY & BROWN BEANS
No Value		DRESSING	MAYO/MUSTARD		
Milk +/-or Alt	MILK	MILK YOGURT	HAVARTI CHEESE MILK	MILK	MILK PUDDING

PM SNACK

Veggies/Fruit		APPLE SLICES	RAW SEASONAL VEGGIES	TOMATO SAUCE	
Grain Product	BLUEBERRY MUFFINS	W/W CRACKERS	W/W CRACKERS	W/W ENGLISH MUFFINS	PUMPKIN BREAD
Meat +/-or Alt					
No Value		WATER	WATER DIP	WATER	
Milk +/-or Alt	MILK	CHEESE CUBES		MOZZA CHEESE	MILK

WINTER MENU 2018-2019

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM SNACK

Veggies/Fruit			APPLESAUCE		SEASONAL FRUIT
Grain Product	RAISIN TOAST	CEREAL	ARROWROOTS	W/W TOAST	WAFFLES
Meat +/-or Alt				SCRAMBLED EGGS	
No Value	BUTTER				WATER
Milk +/-or Alt	MILK	MILK		MILK	

	CHOWDER	TENDERLOIN	GRILLED HAM/CHEESE & TOMATO SOUP	SPAGHETTI	CHICKEN STRIPS
Veggies/Fruit	POTATO, CARROTS, CORN SEASONAL FRUIT	MASHED POTATOES BEANS APPLESAUCE	TOMATO SOUP CARROTS, CUCUMBERS	SPAGHETTI SAUCE GARDEN SALAD BANANAS	BROCCOLI MASHED POTATOES FRUIT COCKTAIL
Grain Product	CORNMEAL MUFFINS		W/W BREAD	W/W SPAGHETTI NOODLES	W/W BREAD SLICES
Meat +/-or Alt	HAM	PORK TENDERLOIN	HAM SLICES	GROUND BEEF	CHICKEN
No Value		GRAVY		DRESSING	
Milk +/-or Alt	MILK	MILK	MILK YOGURT	MILK	MILK

LUNCH

Veggies/Fruit		SEASONAL FRUIT		RAW SEASONAL VEGGIES	SEASONAL FRUIT
Grain Product	CHEESE	W/W BAGELS	CHOCOLATE BRAN MUFFINS	CRACKERS	OATMEAL COOKIES
Meat +/-or Alt					
No Value	WATER PICKLES	CREAM CHEESE WATER		DIP WATER	WATER
Milk +/-or Alt	CRACKERS		MILK		

WINTER MENU 2018-2019

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM SNACK

Veggies/Fruit	BROCCOLI				SEASONAL FRUIT
Grain Product		W/W TOAST	GRANOLA/BRAN BUDS	W/W ENGLISH MUFFINS TOASTED	WHOLE GRAIN PANCAKES
Meat +/-or Alt	EGG MUFFINS				
No Value	WATER	CINNAMON		HONEY	WATER
Milk +/-or Alt	CHEESE	MILK	YOGURT	MILK	

	STUFFED PEPPER EXPLOSION	PAN FRIED SOLE	SOUP & BISCUITS	HAM & POTATOES	SOUP & CORN BREAD
Veggies/Fruit	PEPPERS DICED TOMATOES	BROCCOLI ROASTED POTATOES APPLESAUCE	POTATOES, CARROTS SEASONAL FRUIT	SCALLOPED POTATOES CORN	CARROTS, POTATOES DICED TOMATOES SEASONAL FRUIT
Grain Product	W/W BREAD SLICES		RICE BISCUITS	W/W BREAD	BARLEY
Meat +/-or Alt	GROUND TURKEY	SOLE FILLETS	CHICKEN	HAM	GROUND BEEF
No Value					
Milk +/-or Alt	MILK YOGURT	MILK	MILK	MILK PUDDING	MILK

LUNCH

Veggies/Fruit			CEREAL		ORANGE SLICES
Grain Product	W/W WRAPS	W/W BREAD		W/W WRAPS	RICE KRISPIES
Meat +/-or Alt	COLD MEATS	WOW BUTTER		PEPPERONI	
No Value	WATER	JAM		WATER	WATER
Milk +/-or Alt	CHEESE	MILK	MILK	MOZZA CHEESE	

WINTER MENU 2018-2019

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM SNACK

Veggies/Fruit		BANANAS			
Grain Product	HASHBROWNS	W/W TOAST	CEREAL	RAISIN TOAST	OATMEAL
Meat +/-or Alt		WOW BUTTER		WOW BUTTER	
No Value					
Milk +/-or Alt	MILK	MILK	MILK	MILK	MILK

	CHICKEN CASSEROLE	SHEPHERDS PIE	MINI PIZZA	PORK ROAST	VEGETARIAN LASAGNA
Veggies/Fruit	BROCCOLI	POTATOES PEAS SEASONAL FRUIT	TOMATO SAUCE CEASAR SALAD	MASHED POTATOES MIXED VEGGIES APPLESAUCE	TOMATO SAUCE, SPINACH, MUSHROOMS SEASONAL FRUIT
Grain Product	RICE W/W BREAD SLICES	W/W BREAD SLICES	W/W ENGLISH MUFFINS		LASAGNA NOODLES
Meat +/-or Alt	CHICKEN	GROUND BEEF	PEPPERONI	PORK	
No Value				GRAVY	
Milk +/-or Alt	MILK PUDDING	MILK	MOZZA CHEESE MILK YOGURT	MILK	RICCOTA & MOZZA CHEESE MILK

LUNCH

Veggies/Fruit			POTATO WEDGES	RAW SEASONAL VEGGIES	APPLES
Grain Product	W/W BREAD (grilled cheese)	BANANA BREAD		GOLD FISH CRACKERS	
Meat +/-or Alt					
No Value	WATER		WATER	WATER DIP	WATER
Milk +/-or Alt	CHEESE	MILK	CHEESE DIP		YOGURT