

WINTER MENU 2019-2020

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM SNACK

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

LUNCH

	MEATLOAF	HAM & POTATOES	SOUP & BISCUITS	CHICKEN & GRAVY	TURKEY/TOM SOUP
Veggies/Fruit	PEAS APPLESAUCE	MASHED POTATOES GREEN BEANS	POTATO/CARROT SOUP GRAPES	CORN, ROASTED POTATOES PEACHES	TOMATOES SEASONAL VEGGIES
Grain Product	EGG NOODLES	W/W BREAD SLICES	BISCUITS	W/W BREAD SLICES	W/W MACARONI CORNBREAD MUFFINS
Meat +/-or Alt	GROUND BEEF	HAM	TURKEY SLICES	CHICKEN	GROUND TURKEY
No Value				GRAVY	
Milk +/-or Alt	MILK	MILK YOGURT	MILK	MILK	MILK PUDDING

PM SNACK

Veggies/Fruit		FRESH SEASONAL FRUIT	RAW SEASONAL VEGGIES	TOMATO SAUCE	
Grain Product	BLUEBERRY MUFFINS	OATMEAL COOKIES	W/W CRACKERS	W/W TORTILLAS	PUMPKIN BREAD
Meat +/-or Alt				PEPPERONI	
No Value		WATER	WATER DIP	WATER	
Milk +/-or Alt	MILK			MOZZA CHEESE	MILK

WINTER MENU 2019-2020

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	

LUNCH

	HOME MADE CHICKEN NOODLE SOUP	PORK ROAST	GRILLED HAM/CHEESE & TOMATO SOUP	SPAGHETTI	CHICKEN STRIPS
Veggies/Fruit	POTATO, CARROTS, CELERY, CORN SEASONAL FRUIT	MASHED POTATOES PEAS APPLESauce	TOMATO SOUP CARROTS, CUCUMBERS	SPAGHETTI SAUCE GARDEN SALAD BANANAS	BROCCOLI ROASTED POTATOES FRUIT COCKTAIL
Grain Product	W/W LOAF BREAD SOUP NOODLES	W/W BREAD SLICES	W/W BREAD	W/W SPAGHETTI NOODLES	W/W BREAD SLICES
Meat +/-or Alt	CHICKEN	PORK	HAM SLICES	GROUND BEEF	CHICKEN
No Value		GRAVY		DRESSING	
Milk +/-or Alt	MILK	MILK	MILK YOGURT	MILK	MILK

PM SNACK

Veggies/Fruit		FRESH SEASONAL FRUIT		RAW SEASONAL VEGGIES	FRESH SEASONAL FRUIT
Grain Product	W/W CRACKERS	PUMPKIN SPICE COOKIES	CHOCOLATE BRAN MUFFINS	CRACKERS	RICE KRISPIE SQUARES
Meat +/-or Alt					
No Value	WATER PICKLES	WATER		DIP WATER	WATER
Milk +/-or Alt	CHEESE		MILK		

WINTER MENU 2019-2020

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM SNACK

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

LUNCH

	TACO CASSEROLE	PIZZAS ROLLS	SOUP & BISCUITS	CHICKEN LASAGNA	S&S MEATBALLS
Veggies/Fruit	PEPPER SLICES SALSA PEACHES	APPLESAUCE TOMATO SAUCE GARDEN SALAD	POTATOES, CELERY, CARROTS, CORN GRAPES	CEASAR SALAD (Lasagna: spinach, mixed veggies)	PEAS PEARS
Grain Product	W/W BREAD SLICES	W/W TORTILLAS	SOUP NOODLES BISCUITS	W/W BREAD	JASMINE RICE
Meat +/-or Alt	GROUND TURKEY	PEPPERONI	GROUND TURKEY	CHICKEN	GROUND BEEF
No Value		SALAD DRESSING		DRESSING	SWEET & SOUR SAUCE
Milk +/-or Alt	MILK CHEESE, YOGURT	MOZZA CHEESE MILK	MILK	MILK PUDDING	MILK

PM SNACK

Veggies/Fruit		FRESH SEASONAL FRUIT	TOMATO SAUCE	POTATO WEDGES	
Grain Product	ZUCCHINI CHOC. CHIP BREAD	APPLESAUCE OATMEAL BREAD	W/W WRAPS		W/W WRAPS
Meat +/-or Alt			PEPPERONI		COLD MEATS
No Value		WATER	WATER	WATER	WATER MAYO/MUSTARD
Milk +/-or Alt	MILK		MOZZA CHEESE	CHEESE CHUNKS	WATER

WINTER MENU 2019-2020

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM SNACK

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

LUNCH

	BREAKFAST	SHEPHERDS PIE	TACO SKILLET	PORK ROAST	CHICKEN CASSEROLE
Veggies/Fruit	PEPPER SLICES HASHBROWNS	POTATOES PEAS SEASONAL FRUIT	PEPPERS, CORN	MASHED POTATOES MIXED VEGGIES APPLESAUCE	BROCCOLI
Grain Product	W/W BAGELS	W/W BREAD SLICES	RICE	W/W BREAD SLICES	RICE W/W BREAD SLICES
Meat +/-or Alt	SCRAMBLED EGGS SAUSAGES	GROUND BEEF	GROUND TURKEY	PORK	CHICKEN
No Value				GRAVY	
Milk +/-or Alt	MILK PUDDING	MILK	CHEESE MILK ICE CREAM	MILK	MILK PUDDING

PM SNACK

Veggies/Fruit	CUCUMBERS			RAW SEASONAL VEGGIES	
Grain Product	W/W WRAP	BANANA BREAD	W/W BREAD (grilled cheese)	GOLD FISH CRACKERS	CINNAMON LOAF BREAD
Meat +/-or Alt	HAM				
No Value	TZAKIKI		WATER	WATER DIP	MILK
Milk +/-or Alt		MILK	CHEESE		