

# Fall/Winter Menu

## Week 1

October /November 2018



10/28/2018	10/29/2018	10/30/2018	10/31/2018	11/1/2018	11/2/2018	11/3/2018
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oatmeal Fresh Blueberries Milk	Pancakes w/syrup Apple Slices Milk	Grits with Cheese Fresh Strawberries Milk	Whole Wheat Raisin Toast Banana Milk	Oatmeal Fresh Blueberries Milk	Cereal Apples Milk	Pancakes & Sausage on a stick Applesauce Milk
Oven Baked Chicken Corn Cobbettes Green Beans Whole Grain Bread Milk	Sliced Ham Yams Green Peas Whole Grain Bread Milk	BBQ Chicken Leg/Breast Mac n Cheese Fruit Cocktail Whole Grain Bread Milk	Turkey and Swiss Sandwich on Whole Grain Bread Oven Baked French Fries Peaches Milk	Fish Sticks Green Beans w/ whole potatoes Pineapple Whole Grain Bread Milk	Ravoli Mixed Green Salad Bananas Milk	Pizza Tossed Salad Peaches Milk
Cheez-its Crackers 100% Fruit Juice	Graham Crackers 100 % Fruit Juice	Blueberry Muffins 100% Fruit Juice	Sliced Cheese Crackers 100% Fruit Juice	Animal Crackers 100% Fruit Juice	Yogurt 100 % Fruit Juice	Goldfish Crackers 100 % Fruit Juice
Corn Dog Nuggets Baked Beans Coleslaw Fresh Oranges Milk	Lasagna Tossed Green Salad Peaches Milk	Hot Ham and Cheese Sandwich on Whole Grain Bread Carrots Banana Milk	Chicken & Noodles Broccoli Florets Oranges Milk	Cheese Toast on Whole Grain Bread Vegetable Soup Mandarin Oranges Milk	Hamburger on Wheat Bun Lettuce Tomato Pickles Pork & Beans Mixed Fruit Milk	Bologna & Cheese Sandwich on Whole Grain Bread Lettuce Tomato Fruit Cocktail Milk

## Fall/Winter Menu

November 2018

## Week 2

11/4/2018	11/5/2018	11/6/2018	11/7/2018	11/8/2018	11/9/2018	11/10/2018
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Waffles Fresh Blueberries Milk	Pancakes & Sausage on a stick Orange Slices Milk	Oatmeal Fresh Strawberries Milk	Cereal Bananas Milk	Whole Wheat Cinnamon Toast Fresh Blueberries Milk	Scrambled Eggs Whole Grain Toast Apple Slices Milk	Grits W/ Cheese Fresh Strawberries Milk
Pot Roast Mac n Cheese Green Beans Pears Milk	Chicken Nuggets Butter Noodles Mixed Vegetables Pears Milk	Pizza Mixed Green Salad Fruit Cocktail Milk	Cabbage Pinto Beans Fresh Apples Cornbread Milk	Spaghetti w/Meat Sauce Mixed Green Salad Banana Milk	Steakettes & Gravy Mashed Potatoes Green Peas Whole Grain Roll Milk	BBQ Ribs Slaw Corn Whole Grain Bread Milk
String Cheese 100% Fruit Juice	Gold Fish Crackers 100% Fruit Juice	Sliced Cheese Crackers 100% Fruit Juice	Pretzels 100% Fruit Juice	Blueberry Muffins 100% Fruit Juice	Graham Crackers 100% Fruit Juice	Hi-Ho Crackers 100% Fruit Juice
Corn Dogs Sunchips Carrots Fresh Fruit Milk	Grilled Cheese Sandwich on Whole Grain Bread Tomato Soup Bananas Milk	Chicken & Whole Grain Noodles Broccoli Florets Oranges Milk	Sloppy Joe's w/Whole Grain Bun Baked French Fries Carrots Milk	Chicken Strips Mac N Cheese Green Beans Bananas Milk	Tacos/Hard Shells Taco Meat Cheese Lettuce/Tomato Oranges Milk	Fish Sticks Rice Broccoli Florets Fresh Fruit Milk



Fall/Winter Menu  
Week 3

11/11/2018	11/12/2018	11/13/2018	11/14/2018	11/15/2018	11/16/2018	11/17/2018
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scrambled Eggs Whole Grain Toast w/Jelly Oranges Milk	Whole Wheat Bagel w/Cream Cheese Fresh Strawberries Milk	Oatmeal Orange Slices Milk	Cereal Fresh Blueberries Milk	Pancakes & Sausage on a Stick Mandarin Oranges Milk	Breakfast Steaks Whole Grain Toast w/ jelly Milk	Oatmeal Oranges Milk
Meatloaf Turnip Greens White Beans Cornbread Milk	Chili w Ground Beef Cheese Toast Pears Milk	Grilled Chicken Sandwich on Whole Grain Bread Lettuce/Tomato Baked Tater Tots Milk	Pizza Mixed Green Salad Peaches Milk	Steakettes w/ gravy Green Beans Banana Dinner Roll Milk	Spaghetti w/Meat Sauce Tossed Green Salad Peaches Milk	Sloppy Joes on Whole Grain Bun Slaw Green Beans Fresh Fruit Milk
Yogurt 100% Fruit Juice	Graham Crackers 100% Fruit Juice	Pretzels 100% Fruit Juice	Blueberry Muffins 100% Fruit Juice	Animal Crackers 100% Fruit Juice	Cheez-It Crackers 100% Fruit Juice	Gold Fish Crackers 100% Fruit Juice
Chicken Nuggets Mac N Cheese Applesauce Milk	Grilled Ham & Cheese Sandwich on Whole Grain Bread Vegetable Soup Apple Slices Milk	Beef Tips w/ Noodles Broccoli Florets Bananas Milk	Cheese & Turkey Quesadillas on Whole Grain Tortilla Tortilla Chips w/Salsa Corn Milk	Fajita Chicken Strips California Medley Fruit Cocktail Whole Grain Bread Milk	Corn Dog Nuggets Baked Beans Coleslaw Oranges Milk	Pizza Mixed Green Salad Fresh Strawberries Milk

# Fall/Winter Menu Week 4

November 2018

11/18/2018	11/19/2018	11/20/2018	11/21/2018	11/22/2018	11/23/2018	11/24/2018
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pancakes and Sausage on a stick Oranges Milk	Sausage Patties and Biscuits Oranges Milk	Breakfast Steaks Whole Grain Toast Applesauce Milk	Cereal Banana Milk	Oatmeal Fresh Blueberries Milk	Pancakes Mandarin Oranges Milk	Grits W Cheese Apple Slices Milk
Pot Roast Green Beans w/ Whole Potatoes Fresh Fruit Milk	Turnip Greens White Beans Peaches Whole Grain Rolls Milk	Chicken-n-Dumplings Broccoli Florets Pears Milk	Rib Patty Corn Fresh Strawberries Whole Grain Bread Milk	Ravoli Mixed Green Salad Pears Milk	Turkey & Gravy Mashed Potatoes Spinach Whole Grain Bread Milk	Grilled Chicken Rice Pineapple Mixed Vegetables Milk
Animal Crackers 100% Fruit Juice	Graham Crackers 100% Fruit Juice	Cheese w/Crackers 100% Fruit Juice	Yogurt 100% Fruit Juice	Blueberry Muffins 100% Fruit Juice	Pretzels 100% Fruit Juice	String Cheese 100% Fruit Juice
Grilled Ham & Cheese Sandwich on Whole Tomato Soup Fresh Fruit Milk	Chicken Tenders Mashed Potatoes Green Beans Fresh Blueberries Milk	Lasagna Spinach Oranges Milk	Grilled Cheese on Whole Grain Bread Vegetable Beef Soup Fruit Cocktail Milk	Meatballs w/ Egg Noodles & Gravy Mixed Green Salad Oranges Milk	Chicken w/ Rice Casserole Broccoli W/Cheese Banana Milk	Beef Tips with Noodles Broccoli W/Cheese Applesauce Milk