

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Milk and fruit	French Toast Fruit milk	English muffins, fruit/milk	Bagel, cheese, fruit, milk	Cereal, milk, fruit
Lunch	Cheese tortellini Tomato and Cucumber salad Fruit and milk	Chicken fingers Steamed rice and Carrots Fruit and milk	Vegetable soup Mortadella Sandwich Fruit and milk	Pasta Carbonara Green salad Fruit and milk	Sloppy Joe on a bun Steamed broccoli Fruit and milk
	Fruit and cookies Juice	Yogurt and cookies Milk	Stuffed Pretzels Juice	Chocolate chip muffins Milk	Granola bars Milk
Week 3 Nov. 16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Milk Fruit	Waffle Fruit Milk	Toast milk fruit	English muffin Milk	Cereal milk and fruit
Lunch	Pasta Alfredo Peas Seasonal Fruit and milk	Grilled cheese Tomato soup Fruit and Milk	Beef stew Potato and vegetables Fruit and Milk	Chicken Burger Fries, mixed vegetables Fruit and Milk	Risotto with meat sauce Cucumber slices Fruit and Milk
Snack	Cookies and Fruit Juice	Banana Muffins, Milk	Strawberry Yogurt and fruit Juice	Nachos and salsa Jam Sandwich PS Juice	Cucumber carrots and dip
Week 4 Nov. 23	Monday	Tuesday	Wednesday	Thursday	Friday
	Cereal and Milk Fruit	Cereal Fruit , milk Fruit	English Muffin, Jam Fruit	Bagel Cream Cheese Fruit Milk	Cereal Yogurt with Fruit Milk
	Macaroni and cheese Vegetables Fruit and Milk	Chicken casserole Rice and vegetables Fruit and Milk	Hamburger and Fries Three bean salad Fruit and Milk	Rotini with meat sauce Cucumber tomato Salad Fruit and Milk	Soft beef taco, sliced Tomatoes shredded lettuce Fruit and Milk
	Croissants and chocolate spread milk	Crackers and Cheese and Juice	Veggies and Dip Juice	Blueberry Muffin and milk	Fresh Fruit with Cookies and Juice

Week 1 Nov. 30	Monday	Tuesday	Wednesday	Thursday	Festive Lunch+ Friday
	Cereal and milk with fruit	Whole wheat toast with spreads, Milk/fruit	Waffles with Syrup, Milk/Fruit	English Muffin Jam Milk Fruit	Cereal/Yogurt with Fruit/Milk
	Spaghetti and Meatballs Chef salad Fruit and Milk	Roast Sausages Mashed potatoes Peas and mushrooms Fruit and milk	Pepperoni Pizza Creaser salad Fruit and milk	Lasagna Green salad Fruit and Milk	Chili and rice Buttered corn Fruit and milk
	Fruit and cookie juice	Veggie and dip juice	Jam sandwiches milk	Carrot muffin milk	Nacho and salsa juice
Week 4 Dec. 7	Monday	Tuesday	Wednesday	Thursday	Friday
	Cereal milk, Fruit	Pancakes, Milk, Fruit	Toast, Milk, Fruit	Bagel Cream Cheese Fruit Milk	Cereal /Yogurt Milk
	Macaroni and cheese And vegetables Fruit, Milk	Chicken casserole Rice and vegetables Fruit, Milk	Hamburger and fries Three bean salad Fruit, Milk	Rotini with meat Sauce, cucumber Tomato salad Fruit, Milk	Soft beef taco, sliced tomatoes Shredded lettuce Fruit, Milk
	Croissants and chocolate spread milk	Crackers and Cheese and Juice	Veggies and Dip Juice	Blueberry Muffin and milk	Granola bars Fruit and juice



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**delivery. Juices may be apple, orange or real grape. Fruits
bananas or pears**