

Winter Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack*	Cheese & Crackers	Eggs & Toast	Cereal	Muffins	Oatmeal Bars
Grain Products	Crackers	Bread	Cereal	Muffin	Oats
Vegetables & Fruit	Apples		Oranges	Seasonal Fruit	Seasonal Fruit
Milk Products	Cheese				
Meat & Alternatives		Egg			
Other**					
Lunch Meal***	Homemade Fish	Chili	Goulash	Ham and Pancakes	Chicken Pot Pie
Grain Products	Breadcrumbs	Tea Biscuit	Pasta, Bun	Pancake	Pie Crust
Vegetable	Potato, Green Beans	Corn, Tomato, Celery, Peppers	Onions, Tomatoes	Seasonal Veg	Carrots, Peas, Corn
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk	Milk
Meat & Alternatives	Fish	Turkey, Mixed Beans	Beef, Lentil	Ham	Chicken
Other**					
Afternoon snack*	Fruit Bread	Veggies & Dip	Trail Mix	Cornmeal muffins	Pizza Rice Cakes
Grain Products	Bread	Crackers	WW Cereal	Cornmeal	Rice Cakes
Vegetables & Fruit	Seasonal Fruit	Seasonal Veg	Dried Fruit	Seasonal Fruit	Tomato Sauce
Milk Products		Sour Cream			Cheese
Meat & Alternatives					
Other**					
Total Required	Total	Total	Total	Total	Total
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	3	4	4	4
Milk Products (1-2)	2	2	1	1	1
Meat & Alternatives (1-2)	1	2	1	1	1

Winter Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack*	Cereal	Fruit Loaf	Cheese and Crackers	Overnight Oatmeal	Banana Muffins
Grain Products	WW Cereal	Loaf	Crackers	Oats, Arrowroot	Muffins
Vegetables & Fruit	Oranges	Seasonal Fruit	Apples	Applesauce	Banana, Seasonal Fruit
Milk Products			Cheese	Yogurt	
Meat & Alternatives					
Other**					
Lunch Meal***	Tuna Melts	Grilled Cheese and Tomato Soup	Homemade Alphaghetti	Lasagna	Mini Quiche
Grain Products	WW English Muffin	WW Bread	Pasta, Bun	Pasta, Garlic Bread	Pie Crust
Vegetable	Cucumbers	Carrots, Celery, Tomato	Onions, Celery, Tomato Sauce	Tomato, Celery, Onion	Carrots, Peas, Corn, Broccoli
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk	Milk
Meat & Alternatives	Tuna	Ham	Lentils	Beef	Ham
Other**					
Afternoon snack*	Cheese and Veggie platter	Spinach Dip and Pita	Rice Cakes	Zucchini Loaf	Graham Crackers
Grain Products	Crackers	Pita	Rice Cakes	WW Flour	Graham Cracker
Vegetables & Fruit	Seasonal Veg	Seasonal Veg, Spinach	Cucumber	Seasonal Fruit, Zucchini	Fruit Cream cheese, Seasonal Fruit
Milk Products	Cheese	Sour Cream			
Meat & Alternatives					
Other**					
Total Required	Total	Total	Total	Total	Total
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	4	4
Milk Products (1-2)	1	2	2	2	2
Meat & Alternatives (1-2)	1	1	1	1	1

Winter Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack*	Yogurt & Apples	Banana Breakfast Bars	Cereal & Oranges	Fruit Loaf	Muffins
Grain Products		WW Flour, Oats	WG Cereal	WW Flour	Muffin
Vegetables & Fruit	Apples	Seasonal Fruit	Oranges	Seasonal Fruit	Seasonal Fruit
Milk Products	Yogurt				
Meat & Alternatives					
Other**					
Lunch Meal***	Ham Dinner	Chicken Noodle Soup	Spaghetti	Tuna Noodle Casserole	Beef Stew
Grain Products	WW Bun	Crackers, Rice	Pasta, Bun	Pasta	Bun
Vegetable	Corn, Green Beans, Potato	Carrots, Celery, Onion, Peas	Onions, Celery, Tomato	Broccoli	Carrots, Peas, Mushrooms
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk	Milk
Meat & Alternatives	Ham	Chicken	Beef	Tuna	Beef
Other**					
Afternoon snack*	Cheese Biscuits	Pizza Muffins	Trail Mix	Crackers and Veggie Platter	Sandwiches
Grain Products	WW Flour	WW Flour	Cheerios, Shreddies	Crackers	WW Bread
Vegetables & Fruit	Seasonal Veg	Seasonal Fruit	Dried Fruit	Seasonal Veg	Seasonal Fruit
Milk Products	Cheese				
Meat & Alternatives					Wowbutter
Other**					
Total Required	Total	Total	Total	Total	Total
Grain Products (3-4)	2	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	4	4
Milk Products (1-2)	2	1	1	1	1
Meat & Alternatives (1-2)	1	1	1	1	2

Winter Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack*	Cream Cheese Wrap	Muffins	Crackers & Cheese	Oatmeal Bars	English Muffins
Grain Products	WW Wrap	Muffin	Crackers	Oats	English Muffin
Vegetables & Fruit	Seasonal Fruit	Seasonal Fruit	Apple	Seasonal Fruit	Oranges
Milk Products			Cheese		
Meat & Alternatives					
Other**					
Lunch Meal***	English Muffin Pizzas	Beef & Broccoli Stir Fry	Chicken Alfredo	Turkey Stuffing Casserole	Meatballs
Grain Products	English Muffin	Rice	Pasta	Stuffing	Bun
Vegetable	Tomato Sauce	Broccoli, Green beans, carrots	Broccoli	Corn, Carrots, green beans	Mashed Potatoes, peas
Fruit	Seasonal Fruit, Carrot, Cucumber	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk	Milk
Meat & Alternatives	Ham	Beef	Chicken	Turkey	Beef
Other**					
Afternoon snack*	Crackers & Hummus	Tomato Loaf	Rice Cakes	Spinach Biscuits	Graham Crackers
Grain Products	Crackers	WW Flour	Rice cakes	WW Flour	Graham Crackers
Vegetables & Fruit	Seasonal Veg	Seasonal Fruit	Carrots	Spinach, Veggies	Watermelon
Milk Products					
Meat & Alternatives	Chickpeas				
Other**					
Total Required	Total	Total	Total	Total	Total
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	4	4
Milk Products (1-2)	1	1	2	1	1
Meat & Alternatives (1-2)	2	1	1	1	1