



## Winter Menu

<p><b><u>Breakfast</u></b> Life cereal Applesauce</p> <p><b><u>Lunch</u></b> Chicken with Mixed veggies and Rice Diced Peaches</p> <p><b><u>Snack</u></b> Soft Pretzel Cheddar cheese cubes</p>	<p><b><u>Breakfast</u></b> Waffle Fruit Cocktail</p> <p><b><u>Lunch</u></b> Ravioli &amp; Meat Sauce Carrots Diced Pears Whole wheat roll</p> <p><b><u>Snack</u></b> Graham Crackers Strawberries</p>	<p><b><u>Breakfast</u></b> Hot Biscuit Apricot Halves</p> <p><b><u>Lunch</u></b> Baked Beans w/ Hot Dogs Cantaloupe Cubes Roll</p> <p><b><u>Snack</u></b> Low fat cottage cheese Pears</p>	<p><b><u>Breakfast</u></b> Bagel Peaches</p> <p><b><u>Lunch</u></b> Soft beef taco w/ lettuce &amp; cheese Corn Pineapple</p> <p><b><u>Snack</u></b> Whole wheat pita bread w/ Soynut Butter</p>	<p><b><u>Breakfast</u></b> Cinnamon toast Banana</p> <p><b><u>Lunch</u></b> Whole wheat pasta &amp; meat sauce Broccoli Strawberries</p> <p><b><u>Snack</u></b> Low fat yogurt with Blueberries</p>
<p><b><u>Breakfast</u></b> Rice Krispies Orange</p> <p><b><u>Lunch</u></b> Chicken Pasta w/Peas and Carrots Cantaloupe</p> <p><b><u>Snack</u></b> Mini pretzels Tropical Fruit</p>	<p><b><u>Breakfast</u></b> Pancakes Banana</p> <p><b><u>Lunch</u></b> Turkey and gravy on Whole grain rich bread Carrot sticks Fruit Cocktail</p> <p><b><u>Snack</u></b> Ritz crackers String Cheese</p>	<p><b><u>Breakfast</u></b> Oatmeal w/ Raisins &amp; Craisins Mandarin Oranges</p> <p><b><u>Lunch</u></b> Sloppy Joe Hash Brown Potatoes Apple Slices Roll</p> <p><b><u>Snack</u></b> Graham crackers Apple Slices</p>	<p><b><u>Breakfast</u></b> Whole wheat English Muffin Pineapple</p> <p><b><u>Lunch</u></b> BBQ Chicken Broccoli Tropical Fruit Roll</p> <p><b><u>Snack</u></b> Ants on a Log (Banana, Soynut Butter &amp; Raisins)</p>	<p><b><u>Breakfast</u></b> Cornbread Sliced Peaches</p> <p><b><u>Lunch</u></b> Cheese Pizza on whole grain rich crust California blend mixed vegetables Pears</p> <p><b><u>Snack</u></b> Snack Mix Juice</p>
<p><b><u>Breakfast</u></b> Cheerios Pear Halves</p> <p><b><u>Lunch</u></b> Soynut Butter &amp; Jelly sandwich Mixed Vegetables Fruit Cocktail String cheese</p> <p><b><u>Snack</u></b> Apple Slices Pretzels</p>	<p><b><u>Breakfast</u></b> French Toast Peaches</p> <p><b><u>Lunch</u></b> Soft Chicken Taco w/ Lettuce &amp; Cheese Pineapple Chunks Corn</p> <p><b><u>Snack</u></b> Whole grain rich snack bar Fruit</p>	<p><b><u>Breakfast</u></b> Mini bagel Banana</p> <p><b><u>Lunch</u></b> Cheeseburger whole wheat pasta Carrots Applesauce</p> <p><b><u>Snack</u></b> Grapes Whole grain rich Cheese-its</p>	<p><b><u>Breakfast</u></b> Scrambled Eggs Apricots</p> <p><b><u>Lunch</u></b> Chicken Nuggets Green Beans Nectarine Whole wheat roll</p> <p><b><u>Snack</u></b> Fruit cocktail Milk</p>	<p><b><u>Breakfast</u></b> Kix Cantaloupe</p> <p><b><u>Lunch</u></b> Pasta w/ Beef &amp; Sauce Steamed Broccoli Pears</p> <p><b><u>Snack</u></b> Ritz Crackers Cheese Cubes</p>
<p><b><u>Breakfast</u></b> Corn Chex Pineapple Tidbits</p> <p><b><u>Lunch</u></b> Chicken w/ pasta Peas and carrots Applesauce</p> <p><b><u>Snack</u></b> Soynut Butter Dip Apple Slices</p>	<p><b><u>Breakfast</u></b> Waffle Diced Pears</p> <p><b><u>Lunch</u></b> Meatball Sub on a roll Carrots Fruit Cocktail</p> <p><b><u>Snack</u></b> Whole grain rich Goldfish Grape Halves</p>	<p><b><u>Breakfast</u></b> Whole grain rich toast Banana</p> <p><b><u>Lunch</u></b> Turkey &amp; Gravy w/ Mashed Potatoes Green beans Pineapple Tidbits</p> <p><b><u>Snack</u></b> Low fat yogurt Graham crackers</p>	<p><b><u>Breakfast</u></b> Pancake Mandarin Oranges</p> <p><b><u>Lunch</u></b> Cheese Pizza on whole grain rich crust California blend mixed vegetables Diced Peaches</p> <p><b><u>Snack</u></b> Ritz cracker String cheese</p>	<p><b><u>Breakfast</u></b> English Muffin Apple</p> <p><b><u>Lunch</u></b> Ham &amp; Scalloped Potatoes Peas Tropical Fruit</p> <p><b><u>Snack</u></b> Cheddar cheese cubes Wheat thins</p>

**Notes:** Milk is served with every Breakfast and Lunch; 1% low fat to 2 years and older; whole milk to 1 and older.  
**Menu for: November-April** *Revised March 2021*