

Fall - September 23rd to December 20th - Week 1



| | Meatless Monday | Smoothie Tuesday | Wild Wednesday | Tasty Thursday | Fun Friday |
|----------|--|--|--|--|--|
| Am Snack | <p>Cheesy Veggie Scramble Scrambled egg, chopped kale, grated cheese Side: sweet potato homefries</p> | <p>Pineapple Smoothie & Toast Pineapple, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p> | <p>Apple Cinamon Roll Ups Whole grain wrap, ricotta cheese, sliced apple, cinnamon, pure maple syrup</p> | <p>Apple Cinamon Rice Crispies Bowl Rice crispies, milk, chopped apple and cinnamon</p> | <p>Baked Spiced Peaches Fresh peach, whole grain rolled oats, cinnamon, plain 2% yogurt sweetened with pure maple syrup</p> |
| Lunch | <p>Creamy white bean & cauliflower soup Navy beans, roasted cauliflower, whole grain crackers, cheese cubes Side: sliced apples</p> | <p>Homemade Chicken Fingers with Roasted Veggies Breaded chicken breast, roasted carrots & beets Side: sliced plums</p> | <p>Egg Salad with Homemade Pea Soup Egg, real mayo, whole grain bread, green peas, glass of milk Side: sliced pears</p> | <p>Roast Beef Dinner Home cooked roast beef, mashed potato, green beans, whole grain dinner roll Side: grapes</p> | <p>Homemade Salmon Burgers Salmon, whole wheat burger bun, steamed mixed veggies, glass of milk Side: sliced apples</p> |
| PM Snack | <p>Pear Roll Ups Whole grain wrap, ricotta cheese, sliced pear, cinnamon</p> | <p>Homemade Red Pepper Lentil Dip Red peppers, lentils, carrot sticks, cheese cubes</p> | <p>Cracker Sandwiches Whole grain crackers, goat's cheese, cucumber slices</p> | <p>Cottage Cheese Plate Plain 2% cottage cheese, whole grain crackers, sliced pear</p> | <p>Homemade Fruity Yogurt & Granola Rolled oats & dried fruit mix, plain 2% yogurt sweetened with pure maple syrup, raspberries</p> |

All meals and snacks served with water to drink

Fall - September 23rd to December 20th - Week 2



| | Meatless Monday | Smoothie Tuesday | Wild Wednesday | Tasty Thursday | Fun Friday |
|----------|--|--|--|--|---|
| Am Snack | <p>Cheesy Egg & Veggie "Muffins" Egg, bell peppers, grated cheese Side: orange wedges</p> | <p>Mango Smoothie & Toast Mango, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p> | <p>Homemade Pumpkin Spice Oatmeal Whole grain rolled oats, pureed pumpkin, sweetened with pure maple syrup, cinnamon, milk</p> | <p>Bagel Breakfast Whole wheat bagel with butter, sliced apple, glass of milk</p> | <p>Baked Spiced Apples Fresh apple, whole grain rolled oats, cinnamon, plain 2% yogurt sweetened with pure maple syrup</p> |
| Lunch | <p>Chickpea Curry Chickpeas, green peas, diced carrots, brown rice, glass of milk Side: fresh pineapple</p> | <p>Homemade Chicken Burger Ground Chicken, whole grain bun, lettuce & tomato slice, cheddar cheese Side: sliced pears</p> | <p>Veggie & Cheddar Quiche Pie crust, eggs, chopped spinach & broccoli, cheddar Side: sliced apples</p> | <p>Beef Stroganoff Beef sirloin, mushrooms, green peas, egg noodles, glass of milk Side: banana</p> | <p>Gluten-free Tuna Casserole Brown rice penne, green peas, diced carrots, tuna, grated cheese Side: sliced pears</p> |
| PM Snack | <p>Mini Pizzas Whole grain pita, tomato sauce, grated cheese Side: carrot sticks</p> | <p>Homemade Red Pepper Lentil Dip Red peppers, lentils, sliced cucumber, cheese cubes</p> | <p>Veggies, Pitas, & Homemade Yogurt Ranch Dip Carrot sticks, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p> | <p>Cheese & Fruit Plate Cheese cubes, whole grain crackers, grapes</p> | <p>Homemade Fruity Yogurt & Granola Rolled oats & dried fruit mix, plain 2% yogurt sweetened with pure maple syrup, strawberries</p> |

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Fall - September 23rd to December 20th - Week 3



| | Meatless Monday | Smoothie Tuesday | Wild Wednesday | Tasty Thursday | Fun Friday |
|----------|---|--|---|--|--|
| Am Snack | <p>Breakfast Plate Hardboiled egg, sliced fresh pear, cheese cubes</p> | <p>Mixed Berry Smoothie & Toast Mixed berries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p> | <p>Pear Cinnamon Roll Ups Whole grain wrap, ricotta cheese, sliced pear, cinnamon, pure maple syrup</p> | <p>Rice Crispies Bowl with Banana Rice crispies, milk, chopped banana</p> | <p>Homemade Sugar-free Apple cinnamon oatmeal Muffins Whole grain flour & rolled oats Apple sauce Glass of milk</p> |
| Lunch | <p>Bean Tacos Pinto beans, corn tortillas, diced tomato, romaine lettuce, grated cheese Side: fresh papaya</p> | <p>Crispy Baked Chicken Drumsticks Chicken, diced carrots, whole grain roll, glass of milk Side: banana</p> | <p>Egg Salad Wrap and Homemade Soup Whole grain wrap, egg, carrot soup, glass of milk Side: apple slices</p> | <p>Homemade Meat Lasagna Ground beef, pasta noodles, tomato sauce with fresh spinach, cottage cheese Side: sliced pears</p> | <p>Healthy "fish & chips" White fish, homemade baked fries, green peas, whole grain roll, glass of milk Side: orange wedges</p> |
| PM Snack | <p>Apple Cinnamon Roll Ups Whole grain wrap, ricotta cheese, sliced apple, cinnamon</p> | <p>Homemade Red Pepper Lentil Dip Red peppers, lentils, celery sticks, cheese cubes</p> | <p>Crunchy Roasted Chickpeas Chickpeas, carrot sticks, glass of milk</p> | <p>Cottage Cheese Plate Plain 2% cottage cheese, sliced pears, whole grain crackers</p> | <p>Homemade Fruity Yogurt & Granola Rolled oats & dried fruit mix, plain 2% yogurt sweetened with pure maple syrup, blueberries</p> |

All meals and snacks served with water to drink

Fall - September 23rd to December 20th - Week 4



| | Meatless Monday | Smoothie Tuesday | Wild Wednesday | Tasty Thursday | Fun Friday |
|----------|---|--|--|---|---|
| Am Snack | <p>Cheesy Egg & Veggie Casserole Egg, broccoli, grated cheese Side: sliced fresh pineapple</p> | <p>Strawberry Banana Smoothie & Toast Strawberries, banana, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p> | <p>Spiced Pear Oatmeal Whole grain rolled oats Chopped pears & cinnamon Milk</p> | <p>Bagel Breakfast Whole wheat bagel with butter, sliced pear, glass of milk</p> | <p>Baked Spiced Apples Fresh apple, whole grain rolled oats, cinnamon, plain 2% yogurt sweetened with pure maple syrup</p> |
| Lunch | <p>Pita Wraps with Homemade Lentil Spread Lentils, red peppers, whole grain pita, diced cucumber, romaine lettuce, glass of milk Side: fresh pineapple</p> | <p>Gluten-free Baked Pasta with Chicken Chicken breast, brown rice penne, tomato sauce, diced carrots & peas, grated cheese Side: sliced apples</p> | <p>Breakfast for Lunch Scrambled egg, fresh spinach, baked homefries, whole grain toast, glass of milk Side: sliced oranges</p> | <p>Homemade Beef Stew Cubed beef, peas, potatoes, whole grain roll, glass of milk Side: grapes</p> | <p>Romaine Tuna Wraps & Homemade Tomato Soup Romaine lettuce "wraps", tuna, whole grain crackers, glass of milk Side: sliced pears</p> |
| PM Snack | <p>Mini Pizzas Whole grain pita Tomato sauce Grated cheese Side: cucumber slices</p> | <p>Homemade Red Pepper Lentil Dip Red peppers, lentils, broccoli & cauli "trees", cheese cubes</p> | <p>Veggies, Pitas, & Homemade Yogurt Ranch Dip Celery sticks, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p> | <p>Cheese & Fruit Plate Cheese cubes, whole grain crackers Side: apple slices</p> | <p>Homemade Fruity Yogurt & Granola Rolled oats & dried fruit mix, plain 2% yogurt sweetened with pure maple syrup, peaches</p> |

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