

## Winter - December 21st to March 19th - Week 1



|          | Meatless Monday  | Smoothie Tuesday   | Wild Wednesday  | Tasty Thursday   | Fun Friday  |
|----------|--|--|---|--|---|
| Am Snack | <p><b>Cheesy Veggie Scramble</b><br/>Scrambled egg, chopped spinach, grated cheese<br/>Side: banana</p>  | <p><b>Raspberry Smoothie &amp; Toast</b><br/>Raspberries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>             | <p><b>Homemade Beef Sausage Patties</b><br/>Ground Beef, sweet potato "homefries", glass of milk</p>  | <p><b>Shreddies Bowl with Banana</b><br/>Whole wheat shreddies, diced banana, cinnamon, milk</p>                                 | <p><b>Homemade Whole Wheat Pancakes</b><br/>Whole wheat pancakes, sliced banana, pure maple syrup, glass of milk</p>                              |
| Lunch    | <p><b>Homemade Lentil Soup with Cheese &amp; Crackers</b><br/>Lentils, carrots, whole grain crackers, cheddar cheese<br/>Side: sliced apples</p> | <p><b>Homemade Chicken Fingers with Cheesy Cauliflower</b><br/>Breaded chicken, cauliflower, cheddar cheese, whole grain roll<br/>Side: sliced pears</p> | <p><b>Egg &amp; Tofu Veggie Fried Rice</b><br/>Egg, organic tofu, brown rice, soy sauce, bok choy, green beans, glass of milk<br/>Side: fresh mango</p> | <p><b>Beef Chili</b><br/>Ground beef, tomatoes, bell peppers, corn niblets, whole grain roll, glass of milk<br/>Side: grapes</p> | <p><b>Homemade Salmon Burgers</b><br/>Salmon, whole wheat bun, glass of milk, baked sweet potato<br/>Side: sliced apples</p>                      |
| PM Snack | <p><b>Pear Roll Ups</b><br/>Whole grain wrap, ricotta cheese, sliced pear, cinnamon</p>  | <p><b>Homemade Creamy White Bean Dip</b><br/>Navy beans, carrot sticks, cheese cubes</p>   | <p><b>Cracker Sandwiches</b><br/>Whole grain crackers, goat's cheese, cucumber</p>  | <p><b>Cottage Cheese Plate</b><br/>Plain 2% cottage cheese, sliced pears, whole grain crackers</p>                               | <p><b>Homemade Creamy Yogurt Dip with Fruit</b><br/>Plain 2% Greek yogurt sweetened with pure maple syrup, pears, whole grain graham crackers</p> |

All meals and snacks served with water to drink

## Winter - December 21st to March 19th - Week 2



|          | Meatless Monday   | Smoothie Tuesday  | Wild Wednesday   | Tasty Thursday  | Fun Friday  |
|----------|---|---|--|---|---|
| Am Snack | <p><b>Cheesy Egg &amp; Veggie "Muffins"</b><br/>Egg, diced tomatoes, grated cheese<br/>Side: fresh pineapple</p>                                | <p><b>Strawberry Smoothie &amp; Toast</b><br/>Strawberries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>      | <p><b>Pumpkin Spice Oatmeal</b><br/>Whole grain rolled oats<br/>Pureed pumpkin &amp; cinnamon<br/>Milk</p>                               | <p><b>Cheesy English Muffin</b><br/>Whole wheat English muffin, cheddar cheese<br/>Side: sliced pear</p>  | <p><b>Healthy Apple Cobbler</b><br/>Fresh apples, whole grain rolled oats, cinnamon, sweetened with pure maple syrup, glass of milk</p>             |
| Lunch    | <p><b>Chickpea Cous Cous Salad</b><br/>Chickpeas, whole wheat cous cous, diced tomato &amp; cucumber, glass of milk<br/>Side: orange wedges</p> | <p><b>Hot Chicken Sandwich</b><br/>Roasted chicken, whole wheat bread, gravy, mashed potatoes, green beans, glass of milk<br/>Side: sliced pear</p> | <p><b>Eggy English Muffin</b><br/>Whole wheat English muffin, egg, cheddar cheese, sliced fresh cucumber and tomato<br/>Side: grapes</p> | <p><b>Chili Topped Baked Potato</b><br/>Homemade beef chili, baked potato, mozzarella, sour cream, whole grain roll,<br/>Side: sliced apple</p> | <p><b>Crispy Fish Sandwich</b><br/>Baked breaded white fish, whole wheat bun, diced carrots &amp; peas, glass of milk<br/>Side: fresh pineapple</p> |
| PM Snack | <p><b>Bagel Pizza</b><br/>Whole grain bagel half, tomato sauce, grated cheese<br/>Side: carrot sticks</p>                                       | <p><b>Homemade Creamy White Bean Dip</b><br/>Navy beans, celery sticks, cheese cubes</p>  | <p><b>Veggies, Pitas, &amp; Homemade Yogurt Ranch Dip</b><br/>Cucumber, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p>  | <p><b>Winter Fruit Salad</b><br/>Chopped orange, apple, &amp; banana, grapes, cinnamon<br/>Side: whole grain crackers &amp; cheese cubes</p>    | <p><b>Homemade Creamy Yogurt Dip with Fruit</b><br/>Plain 2% Greek yogurt sweetened with pure maple syrup, papaya, whole grain graham crackers</p>  |

All meals and snacks served with water to drink

## Winter - December 21st to March 19th - Week 3



|          | Meatless Monday   | Smoothie Tuesday  | Wild Wednesday  | Tasty Thursday   | Fun Friday   |
|----------|---|---|---|--|--|
| Am Snack | <p><b>Breakfast Plate</b><br/>Hardboiled egg, fresh clementine wedges, cheese cubes</p>   | <p><b>Blueberry Smoothie &amp; Toast</b><br/>Blueberries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>                                  | <p><b>Homemade Beef Sausage Patties</b><br/>Ground Beef, sweet potato "homefries", glass of milk</p>  | <p><b>Shreddies Bowl with Apple</b><br/>Whole wheat shreddies, diced fresh apple, cinnamon, milk</p>   | <p><b>Homemade Whole Wheat Pancakes</b><br/>Whole wheat pancakes, sliced pears, pure maple syrup, glass of milk</p>                                |
| Lunch    | <p><b>Black Bean Chili</b><br/>Black beans, tomatoes, corn niblets, bell pepper, whole grain roll, glass of milk<br/>Side: fresh papaya</p> | <p><b>Turkey Sliders &amp; Sweet Potato "Fries"</b><br/>Ground turkey, whole grain mini bun, romaine lettuce, sliced cheese, baked sweet potato<br/>Side: fresh pineapple</p> | <p><b>Green Egg Salad &amp; Homemade Butternut Squash Soup</b><br/>Whole grain bread, egg, avocado, butternut squash, glass of milk<br/>Side: sliced apples</p> | <p><b>Homemade Meatloaf &amp; Mash</b><br/>Ground beef, mashed potatoes, mixed veg, whole grain roll, glass of milk<br/>Side: sliced oranges</p> | <p><b>Tuna Melt &amp; Homemade Green Pea Soup</b><br/>Tuna, whole wheat bread, cheddar cheese, green peas<br/>Side: grapes</p>                     |
| PM Snack | <p><b>Apple Cinnamon Roll Ups</b><br/>Whole grain wrap, ricotta cheese, sliced apple, cinnamon</p>  | <p><b>Homemade Creamy White Bean Dip</b><br/>Navy beans, cucumber slices, cheese cubes</p>  | <p><b>Crunchy Roasted Chickpeas</b><br/>Chickpeas, carrot sticks, glass of milk</p>   | <p><b>Cottage Cheese Plate</b><br/>Plain 2% cottage cheese, sliced pears, whole grain crackers</p>   | <p><b>Homemade Creamy Yogurt Dip with Fruit</b><br/>Plain 2% Greek yogurt sweetened with pure maple syrup, apples, whole grain graham crackers</p> |

All meals and snacks served with water to drink

## Winter - December 21st to March 19th - Week 4



|          | Meatless Monday  | Smoothie Tuesday  | Wild Wednesday   | Tasty Thursday   | Fun Friday  |
|----------|--|---|--|--|---|
| Am Snack | <p><b>Cheesy Egg &amp; Veggie Casserole</b><br/>Egg, diced bell peppers, grated cheese<br/>Side: sliced fresh pears</p>  | <p><b>Peach Smoothie &amp; Toast</b><br/>Peaches, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>    | <p><b>Spiced Pear Oatmeal</b><br/>Whole grain rolled oats<br/>Chopped pears &amp; cinnamon<br/>Milk</p>                                      | <p><b>Cheesy English Muffin</b><br/>Whole wheat English muffin, cheddar cheese<br/>Side: sliced apple</p>  | <p><b>Healthy Pear Cobbler</b><br/>Fresh pears, whole grain rolled oats, cinnamon, sweetened with pure maple syrup, glass of milk</p>                 |
| Lunch    | <p><b>Gluten-free Spaghetti &amp; White Bean Rose Sauce</b><br/>Brown rice spaghetti, navy beans, tomatoes, red peppers, glass of milk<br/>Side: sliced apples</p> | <p><b>Homemade Chicken Noodle Soup</b><br/>Diced chicken breast, egg noodles, carrots, celery, glass of milk<br/>Side: sliced pears</p> | <p><b>Mexican Egg Burrito</b><br/>Scrambled egg, whole wheat wrap, bell peppers, grated mozzarella, salsa<br/>Side: fresh pineapple</p>      | <p><b>Roast Beef Sandwich with Garden Salad</b><br/>Homemade roast beef, mustard, whole grain bread, romaine lettuce, diced tomato, glass of milk<br/>Side: sliced apple</p> | <p><b>Salmon Pinwheels &amp; Homemade Pumpkin Soup</b><br/>Salmon, romaine, whole wheat wraps, real mayo, pumpkin<br/>Side: grapes</p>                |
| PM Snack | <p><b>Bagel Pizza</b><br/>Whole grain bagel half, tomato sauce, grated cheese<br/>Side: carrot sticks</p>  | <p><b>Homemade Creamy White Bean Dip</b><br/>Navy beans, broccoli &amp; cauli "trees", cheese cubes</p>                                 | <p><b>Veggies, Pitas, &amp; Homemade Yogurt Ranch Dip</b><br/>Carrot sticks, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p> | <p><b>Winter Fruit Salad</b><br/>Chopped orange, apple, &amp; banana, grapes, cinnamon<br/>Side: whole grain crackers &amp; cheese cubes</p>                                 | <p><b>Homemade Creamy Yogurt Dip with Fruit</b><br/>Plain 2% Greek yogurt sweetened with pure maple syrup, pineapple, whole grain graham crackers</p> |

All meals and snacks served with water to drink