

## 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> Scrambled egg, chopped spinach, grated cheese Side: banana</p>	<p><b>Raspberry Smoothie &amp; Toast</b> Raspberries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p><b>Homemade Beef Sausage Patties</b> Ground Beef, sweet potato "homefries", glass of milk</p>	<p><b>Shreddies Bowl with Banana</b> Whole wheat shreddies, diced banana, cinnamon, milk</p>	<p><b>Homemade Whole Wheat Pancakes</b> Whole wheat pancakes, sliced banana, pure maple syrup, glass of milk</p>
Lunch	<p><b>Homemade Lentil Soup with Cheese &amp; Crackers</b> Lentils, carrots, whole grain crackers, cheddar cheese Side: sliced apples</p>	<p><b>Homemade Chicken Fingers with Cheesy Cauliflower</b> Breaded chicken, cauliflower, cheddar cheese, whole grain roll Side: sliced pears</p>	<p><b>Egg &amp; Tofu Veggie Fried Rice</b> Egg, organic tofu, brown rice, soy sauce, bok choy, green beans, glass of milk Side: fresh mango</p>	<p><b>Beef Chili</b> Ground beef, tomatoes, bell peppers, corn niblets, whole grain roll, glass of milk Side: grapes</p>	<p><b>Homemade Salmon Burgers</b> Salmon, whole wheat bun, glass of milk, baked sweet potato Side: sliced apples</p>
PM Snack	<p><b>Pear Roll Ups</b> Whole grain wrap, ricotta cheese, sliced pear, cinnamon</p>	<p><b>Homemade Creamy White Bean Dip</b> Navy beans, carrot sticks, cheese cubes</p>	<p><b>Cracker Sandwiches</b> Whole grain crackers, goat's cheese, cucumber</p>	<p><b>Cottage Cheese Plate</b> Plain 2% cottage cheese, sliced pears, whole grain crackers</p>	<p><b>Homemade Creamy Yogurt Dip with Fruit</b> 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> Egg, diced tomatoes, grated cheese Side: fresh pineapple</p>	<p><b>Strawberry Smoothie &amp; Toast</b> Strawberries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p><b>Pumpkin Spice Oatmeal</b> Whole grain rolled oats Pureed pumpkin &amp; cinnamon Milk</p>	<p><b>Cheesy English Muffin</b> Whole wheat English muffin, cheddar cheese Side: sliced pear</p>	<p><b>Healthy Apple Cobbler</b> Fresh apples, whole grain rolled oats, cinnamon, sweetened with pure maple syrup, glass of milk</p>
Lunch	<p><b>Chickpea Cous Cous Salad</b> Chickpeas, whole wheat cous cous, diced tomato &amp; cucumber, glass of milk Side: orange wedges</p>	<p><b>Hot Chicken Sandwich</b> Roasted chicken, whole wheat bread, gravy, mashed potatoes, green beans, glass of milk Side: sliced pear</p>	<p><b>Eggy English Muffin</b> Whole wheat English muffin, egg, cheddar cheese, sliced fresh cucumber and tomato Side: grapes</p>	<p><b>Chili Topped Baked Potato</b> Homemade beef chili, baked potato, mozzarella, sour cream, whole grain roll, Side: sliced apple</p>	<p><b>Crispy Fish Sandwich</b> Baked breaded white fish, whole wheat bun, diced carrots &amp; peas, glass of milk Side: fresh pineapple</p>
PM Snack	<p><b>Bagel Pizza</b> Whole grain bagel half, tomato sauce, grated cheese Side: carrot sticks</p>	<p><b>Homemade Creamy White Bean Dip</b> Navy beans, celery sticks, cheese cubes</p>	<p><b>Veggies, Pitas, &amp; Homemade Yogurt Ranch Dip</b> Cucumber, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p>	<p><b>Winter Fruit Salad</b> Chopped orange, apple, &amp; banana, grapes, cinnamon Side: whole grain crackers &amp; cheese cubes</p>	<p><b>Homemade Creamy Yogurt Dip with Fruit</b> Plain 2% Greek yogurt sweetened with pure maple syrup, papaya, whole grain graham crackers</p>

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

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

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