



## Winter Menu Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Fruit Yogurt Milk	Quiche Fruit Toast Milk	Blueberry Muffins Yogurt Milk	Brown Sugar Oatmeal Fruit Milk	Egg and Turkey Bagel Sandwiches Yogurt Milk
Morning Snack	Meat Cheese Water	Fruit Crackers Water	Pretzels Dip Water	Apples Pretzels Water	Yogurt Vanilla Wafers Water
Lunch	Chicken Tacos Vegetables Milk	Chicken Pasta Veggies Bread Milk	Turkey Wraps Salad Milk	Cheese Pizza Veggies Milk	Veggie Soup Garlic Bread Milk
Afternoon Snack	Popcorn Fruit Water	Applesauce Graham Crackers Water	Chips Salsa Water	Meat and Crackers Water	Goldfish Fruit Water