



Fall/Winter Menu Sample

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Butter Chicken & Rice Naan Wedges Carrot Sticks Seasonal Fruit</p> <p style="text-align: center;">Animal Crackers & Seasonal Fruit</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Veggie & Black Bean Quesadillas Whole Wheat Tortilla With Sour Cream & Salsa Cucumber Slices Seasonal Fruit</p> <p style="text-align: center;">Yogurt & Granola</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Beefy Tomato Goulash Peas Seasonal Fruit</p> <p style="text-align: center;">Seasoned Cereal Mix & Seasonal Fruit</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Ground Turkey Sloppy Joes Whole Wheat Buns Rainbow Coleslaw Seasonal Fruit</p> <p style="text-align: center;">Cheese & Ritz Crackers</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Tomato Soup Grilled Cheese Sandwiches Carrot Sticks Seasonal Fruit</p> <p style="text-align: center;">Whole Wheat Pita & Black Bean Salsa</p>
<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Pumpkin Macaroni & Cheese Peas</p> <p style="text-align: center;">Seasonal Fruit</p> <p style="text-align: center;">Whole Wheat Pita Sliders, Cucumber Slices & Avocado Hummus</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Tuna Melts on Whole Wheat Naan Bread Pepper Sticks Seasonal Fruit</p> <p style="text-align: center;">Raspberry Applesauce & Digestive Cookies</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Sweet & Sour Meatballs Yellow Basmati Rice Corn Seasonal Fruit</p> <p style="text-align: center;">Fruit Salsa & Whole Wheat Pita</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Cabbage Roll Casserole with Lentils, Peppers Garlic Bread Seasonal Fruit</p> <p style="text-align: center;">Graham Crackers & Seasonal Fruit</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Chicken Noodle Soup Whole Wheat Crackers Cheese Cubes Seasonal Fruit</p> <p style="text-align: center;">Apple Cinnamon Muffins & Seasonal Fruit</p>
<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Beef Bolognese Sauce with Peppers & Mushrooms Whole Wheat Pasta Green Beans Seasonal Fruit</p> <p style="text-align: center;">Cheese & Crackers</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Chicken Tacos on Whole Wheat Tortilla with Sour Cream, Salsa, & Grated Cheese Pepper Sticks Seasonal Fruit</p> <p style="text-align: center;">Mixed Berry Granola Bars & Seasonal Fruit</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Greek Turkey Basmati Rice Naan Wedges Corn Seasonal Fruit</p> <p style="text-align: center;">Mini Whole Wheat Bagels, Cream Cheese & Carrot Sticks</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Beef Chili with Beans, Peppers & Mushrooms Garlic Toast Seasonal Fruit</p> <p style="text-align: center;">Yogurt & Mini Blueberry Pita</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Broccoli & Cheese Soup Turkey Sandwiches Seasonal Fruit</p> <p style="text-align: center;">Pumpkin or Carrot Muffins & Seasonal Fruit</p>
<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Sweet & Sour Chicken Oven Fried Rice Peas & Carrots Seasonal Fruit</p> <p style="text-align: center;">Oatmeal Applesauce Cookie & Applesauce</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Veggie Pizza (Tomato, Chickpea, Lentil) On Whole Wheat Naan Bread Cucumbers Slices Seasonal Fruit</p> <p style="text-align: center;">Arrowroot Cookies & Seasonal Fruit</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Fish on a Whole Wheat Bun Coleslaw Homemade Dill Dip Seasonal Fruit</p> <p style="text-align: center;">Whole Wheat Flatbread, Cream Cheese & Cucumber</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Chicken Alfredo with Spinach Whole Wheat Pasta Diced Carrots Seasonal Fruit</p> <p style="text-align: center;">Vegetable Platter & Vegetable Thin Crackers</p>	<p style="text-align: center;">Continental Snack</p> <p style="text-align: center;">Hamburger Stew with Mixed Vegetables & Potato Whole Wheat Bread Seasonal Fruit</p> <p style="text-align: center;">Blueberry Muffins & Seasonal Fruit</p>