

# Cycle Menus - Autumn

Breakfast / Snack					
Autumn	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> Breakfast	Pumpkin Pancakes Cinnamon Apple Chunks Milk	Gingerbread French Toast Bananas Milk	Veggie Omelet Mini Bagels Milk	Apple-Cinnamon Oatmeal Oranges Milk	Pumpkin Muffins Applesauce Milk
Snack	Pretzel Melts	Oatmeal Biscuits Milk	Autumn Apple Squares Milk	Cheesy Baked Broccoli Bites	Potato Nachos
<b>Week Two</b> Breakfast	Cinnamon Granola Pineapple Milk	Ham & Veggie Frittata Toast Grapes. Milk	Cinnamon Swirl Bread Applesauce Milk	Apple Muffins Peaches Milk	Pumpkin Bread Oranges Milk
Snack	Cream Cheese Bagel Butterflies Strawberries	Cheesy Zucchini Sticks Marinara Sauce, Milk	Corn Salsa Tortilla Chips	Lemon Fruit Dip Melon Chunks	Caramel Yogurt Dip Apple Slices

Lunch / Supper					
Autumn	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Black Bean Burritos Green Pepper Melon Milk	Cheddar-Ham Calzone Broccoli Grapes Milk	Lentil-Beef Meatloaf Rice Mixed Fruit Milk	Sweet & Spicy Glazed Ham Rolls Green Beans Apricots Milk	Quiche Spinach-Strawberry Salad Milk
Week Two	Vegetarian Taco Pizza Apricots Milk	Grilled Ham and Cheese Sandwich Tomato Soup Melon Milk	Chicken Caesar Pita Sandwich Mandarin Oranges Milk	Braised Turkey Wild Rice Peas Apricots Milk	Pork Lo Mein Grapes Milk
Week Three	Two-Bean Veggie Chili Cornbread Tropical Fruit Milk	Ham & Cheese Pasta Bake Peas Peaches Milk	Sweet & Sour Chicken Jicama Milk	Roast Turkey Breast Cranberry Sauce Potatoes, Rolls Pears Milk	Lentil Curry Rice Carrots Apples Milk
Week Four	Chicken Pot Pie Mandarin Oranges Milk	Vegetable Beef Soup Crackers Pears, Milk	Shredded Pork Taco Corn Milk	Club Sandwich Grapes Milk	Chicken-Broccoli Quesadilla Pears, Milk