

Cycle Menus - Winter

Breakfast / Snack					
Winter	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Breakfast	Cinnamon Pita Chips Fruit Salsa Milk	Breakfast Tostada Milk	Banana-Chocolate Chip Muffins Bananas Milk	Ham & Veggie Omelet Toast Milk	Banana-Stuffed French Toast Milk
Snack	Taco Cereal Trail Mix Milk	Tuna Stackers	Ham Pinwheels	Orange Bowl Fruit Dip Toast	Creamy Dreamy Whipped Fruit Toast
Week Two Breakfast	Banana Oatmeal Milk	French Toast Sticks Peaches Milk	English Muffin Egg Sandwich Oranges Milk	Gingerbread Muffins Applesauce Milk	Oatmeal Breakfast Treats Pears Milk
Snack	Raisin Energy Snacks Milk	Spinach Ranch Dip Wheat Crackers	Baked Apple Pretzel Boats	Polka Dot Twisters Milk	Fruity Toast Snacks

Lunch / Supper					
Winter	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Veggie Lasagna Mixed Fruit Milk	Cheese Enchiladas Corn Tropical Fruit Milk	Three-Bean Turkey Chili Breadsticks Pears Milk	Fish Tacos Tropical Fruit Milk	BBQ Chicken Breast Rolls Green Beans Peaches Milk
Week Two	Vegetable Minestrone Crackers Melon Milk	Grilled Tuna Salad Sandwich Baked Beans Mandarin Oranges Milk	Chicken Chow Mein Rice Pineapple Milk	Pork Roast Rolls Peas Apricots Milk	Orange Chicken Rice Pepper Strips Bananas Milk
Week Three	Cheesy Penne with Broccoli Mandarin Oranges Milk	Shredded Beef Sandwich Romaine Salad Peaches Milk	Easy Chicken & Rice Green Beans Oranges Milk	White Chicken Chili Biscuits Melon Milk	Pork Stir-Fry Rice Pineapple Milk
Week Four	Squash Soup Crackerwiches Pears Milk	Beef Burritos Lettuce Grapes Milk	Hot Chicken Pita Sandwich Lettuce & Tomato Pears, Milk	Meatball Subs Marinara Sauce Sweet Potatoes Milk	Pizza Soup Breadsticks Peaches Milk