

MENU Week 3

Winter 2020/21

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	* Applesauce * Bran Buds * Water	* Cheerios with Milk * Seasonal Fruit * Water	* WW Apple Scones * Seasonal Fruit * Water	* Whole Grain Cereal Mix * Seasonal Fruit * Water	* WW Pumpkin muffins * Berry Smoothie * Water
LUNCH	* Shepherd's pie (with mashed potatoes, peas, carrots, tomatoes) * WW Bread * Cucumbers and bell peppers * Milk	* Baked Beefy Beans * Brown rice * Spinach and Romaine Salad * Milk * Seasonal fruit	* Chicken Tacos (with tomatoes, lettuce, carrots, salsa, sour cream, cheese and whole wheat tortillas) * Milk * Seasonal Fruit	* Tuna sandwiches on whole wheat bread * Creamy Carrot and Kale Soup * Whole grain soup crackers * Milk * Seasonal Fruit	* Sesame Chicken * Brown Rice * Green bean and carrot salad * Milk * Seasonal Fruit
PM SNACK	* Whole Grain Crackers * Seasonal Fruit * Milk	* Yogurt Cones * Seasonal Fruit * Water	* Whole Wheat Bagel with cream cheese * Seasonal Fruit * Milk	* Black Bean Dip * WW Pita * Seasonal Fruit * Milk	* Rice Cakes with No nut Butter * Seasonal fruit * Water
Condiments Max 1 tbsp per child	AM Lunch- PM-	AM - Lunch- PM -	AM Lunch- PM-	AM - Lunch- PM	AM - Lunch- PM



Date: Sept 17/20

Reviewed By: RW RJD