

Apple Tree Connections

Fall/Winter Menu - Week 1

	Breakfast	Lunch	Snack
Monday	Rice Crispies Peaches/Pears Milk ^	* WG Chicken Noodle Soup with Crackers ^ ~ Peas Applesauce Milk ^	WG Goldfish Milk ^
Tuesday	ø Mini Pancakes ^ ~ Apple Slices Milk ^ <2 Applesauce	* Baked Ziti \$^ Corn Pears Milk ^	Saltines ~ Oranges
Wednesday	ø Cinnamon Muffin ^# ~ Bananas Milk ^	* Hot Ham ♦ and Cheese ^ Green Beans Mandarin Oranges Milk ^	ø Yogurt ^ ~ Apple slices <2 applesauce
Thursday	WG Oatmeal Raisins (<1 = Mixed Fruit) Milk ^	ø Salisbury Steak ^\$ w/ Whole Grain Bread ø Gravy \$ * Mashed Potatoes ^ Peaches Milk ^	Honey Grahams ~ Bananas
Friday	WG Cheerios Applesauce Milk ^	ø WG Chicken Patty ^/ Bun ~ Carrots Mixed Fruit Milk ^	Party Mix ~ Oranges (WG cheerios, WG goldfish, crispex, craisins, pretzels)

Key: ^ Milk, Butter, Cheese # Eggs ♦ Pork \$ Beef ø Can't Alter *Can Alter (~)= Fresh or Frozen

Apple Tree Connections

Fall/Winter Menu - Week 2

	Breakfast	Lunch	Snack
Monday	<p>Crispex cereal</p> <p>Craisins</p> <p>Milk ^</p>	<p>* Chili \$</p> <p>Crackers</p> <p>~ Carrots</p> <p>Pears</p> <p>Milk ^</p>	<p>WG Chocolate Bear Graham</p> <p>Milk ^</p>
Tuesday	<p>ø Waffles ^</p> <p>~ Oranges</p> <p>Milk ^</p>	<p>ø WG Chicken Nuggets ^</p> <p>WG Bread</p> <p>* Mashed Potatoes ^</p> <p>~ Bananas</p> <p>Milk ^</p>	<p>Ritz Crackers</p> <p>with Cheese Slices ^</p> <p>Water</p>
Wednesday	<p>WG English Muffins</p> <p>~ Bananas</p> <p>Milk ^</p>	<p>ø Sloppy Joe \$/ Bun</p> <p>~ *Cauliflower w/ Cheese Sauce ^</p> <p>Pears</p> <p>Milk ^</p>	<p>Cottage Cheese ^</p> <p>~ Appleslices</p>
Thursday	<p>ø Corn Bread Muffins ^</p> <p>~ Oranges</p> <p>Milk ^</p>	<p>Chicken w /Brown rice</p> <p>~ Broccoli</p> <p>Pineapple</p> <p>Milk ^</p>	<p>Turkey Slices</p> <p>WG Tortilla</p>
Friday	<p>Rice Crispies Cereal</p> <p>~ Apple Slices</p> <p>(<2 applesauce)</p> <p>Milk ^</p>	<p>* Beef Tacos \$</p> <p>WG Tortilla, lettuce, cheese^</p> <p>Corn</p> <p>Peaches</p> <p>Milk ^</p>	<p>Pretzels</p> <p>(<2 = Soft Pretzels)</p> <p>Raisins</p> <p>Water</p>

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Apple Tree Connections

Fall/Winter Menu - Week 3

	Breakfast	Lunch	Snack
Monday	WG Cheerios Craisins Milk ^	* Pizza Soup ^ Cheese ^ Mixed Vegetables Pineapple Milk ^	String Cheese ^ Ritz Crackers Water
Tuesday	ø Mini Pancakes ^ Peaches/ Pears Milk ^	* Egg Patty on WG Tortilla with Cheese # ^ ~ Broccoli ~ Oranges Milk ^	Trail Mix (WG Cheerios, Crispex, Raisins, and Pretzels) Milk ^
Wednesday	Bagels ~ Bananas Milk ^	* Chicken and Gravy over Mashed Potatoes^ WG Bread Pears Milk ^	Animal Crackers ~ Apple Slices (<2=Peaches) Water
Thursday	ø Banana Muffins ^ Mandarin Oranges Milk ^	* Goulash \$ ^ (Hamburger, noodles, cheese) Corn Peaches Milk ^	ø Yogurt ^ ~ Bananas
Friday	Crispex Cereal ~ Apple slices <2 applesauce Milk ^	* Hot Turkey Sandwich W/ Cheese ~ Peas Pineapple Milk	Oyster Crackers ~ Oranges Water

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Apple Tree Connections

Fall/Winter Menu - Week 4

	Breakfast	Lunch	Snack
Monday	Rice Crispies Cereal Peaches Milk ^	* White Chicken Chili ^ With Crackers (~) Carrots Pears Milk ^	WG Goldfish Crackers Craisins
Tuesday	ø French Toast #^ (~) Oranges Milk ^	* Cheeseburger on a Bun \$^ Baked Beans ♦ Pineapple Milk ^	Pretzels <2 (Soft pretzels) (~) Apple slices <2 Applesauce
Wednesday	ø Pumpkin Muffins ^ (~) Bananas Milk ^	WG Pizza (~) Peas Peaches Milk ^	Ritz (~) Oranges (<2 Mixed Fruit) Water
Thursday	WG Cream of Wheat Raisins (<1 = Mixed Fruit) Milk ^	ø Macaroni and Cheese ^ with Turkey Slices Green Beans Pineapple Milk ^	WG Vanilla Bear Grahams Milk ^
Friday	WG Cheerios (~) Bananas Milk ^	* (~) Stuffed Green Pepper Casserole w/ Brown rice Corn Pears Milk ^	Corn Bread (~) Apple slices (~) < 2 Bananas

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