

# Apple Tree Connections

## Fall and Winter Menu: Week 1

	Breakfast	Lunch	Snack
Monday	Rice Krispies Peaches Milk ^	<b>*WG Chicken Noodle</b> Soup Crackers ^ Peas Applesauce Milk ^	<b>WG Goldfish</b> Milk ^
Tuesday	Ø Mini Pancakes ^ ~ Apple Slices (<2 cooked apples) Milk ^	<b>*WG Baked Ziti</b> ^\$ Corn Pears Milk ^	<b>WG Vanilla Bear Grahams</b> Milk ^
Wednesday	Ø Cinnamon Muffins ^# ~ Bananas Milk ^	*Hot Ham & Cheese with Bun ^ Green Beans Mandarin Oranges Milk ^	Saltines ~ Apple Slices (<2 = Applesauce)
Thursday	<b>WG Oatmeal</b> Craisins Milk ^	Salisbury Steak with Gravy ^ \$ and <b>WG Bread</b> *Mashed Potatoes^ Peaches Milk ^	Honey Grahams Milk ^
Friday	<b>WG Cheerios</b> ~ Bananas Milk ^	Ø WG Chicken Patty with a Bun Carrots Pineapple Milk ^	* Party Mix <b>(WG Cheerios, WG Goldfish,</b> Crispex, Craisins, Pretzels) ~ Apple Slices (<2 Cooked Apples)

Key: ^ Milk, Butter, Cheese # Eggs ♦ Pork \$ Beef \*Can Alter (~) Fresh or frozen

# Apple Tree Connections

## Fall and Winter Menu: Week 2

	Breakfast	Lunch	Snack
Monday	<p>Crispix</p> <p>Craisins</p> <p>Milk ^</p>	<p><b>*Chili with WG Noodles \$</b> and Crackers</p> <p>Carrots</p> <p>Peaches</p> <p>Milk ^</p>	<p><b>WG Chocolate Bear Graham Crackers</b></p> <p>~ Apple Slices (&lt;2 = Applesauce)</p>
Tuesday	<p>Ø Waffles</p> <p>Pineapple</p> <p>Milk ^</p>	<p>Ø <b>WG Chicken Nuggets ^</b> and <b>WG Bread</b></p> <p>* Mashed Potatoes ^</p> <p>~ Bananas</p> <p>Milk ^</p>	<p>Saltines</p> <p>Ø Cheese Slices ^</p>
Wednesday	<p><b>WG English Muffins</b></p> <p>~ Bananas</p> <p>Milk ^</p>	<p>Ø Sloppy Joe with <b>WG Bun</b></p> <p>~ Cauliflower with Cheese Sauce ^</p> <p>Peaches</p> <p>Milk ^</p>	<p>Ø Vanilla Yogurt ^</p> <p>~ Apple Slices (&lt;2 = Applesauce)</p>
Thursday	<p>Ø Cornbread Muffins ^</p> <p>Mandarin Oranges</p> <p>Milk ^</p>	<p>* Chicken with <b>Brown Rice ^</b></p> <p>~ Broccoli</p> <p>Pears</p> <p>Milk ^</p>	<p><b>Turkey Roll on WG Tortilla</b></p>
Friday	<p>Rice Crispies</p> <p>~ Bananas</p> <p>Milk ^</p>	<p>* <b>Beef Taco with</b> <b>WG Tortilla \$</b> and Lettuce and Cheese ^</p> <p>Corn</p> <p>Peaches</p> <p>Milk ^</p>	<p>Pretzels</p> <p>&lt;2 Soft Pretzels</p> <p>Milk ^</p>

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# Apple Tree Connections

## Fall and Winter Menu: Week 3

	Breakfast	Lunch	Snack
Monday	<p><b>WG Cherrios</b></p> <p>Craisins</p> <p>Milk ^</p>	<p>* Pizza Soup ^ ♦ with <b>WG Noodles</b> and Cheese ^</p> <p>Green Beans</p> <p>Pineapple</p> <p>Milk ^</p>	<p>Cheese Slice ^</p> <p><b>WG Bread</b></p>
Tuesday	<p>Ø Mini Pancakes ^</p> <p>Mandarin Oranges</p> <p>Milk ^</p>	<p>* Egg Patty on <b>WG Tortilla</b> with Cheese #^</p> <p>~ Broccoli</p> <p>Peaches</p> <p>Milk ^</p>	<p>Trail Mix (WG Cherrios, Crispex, Craisins, Pretzels)</p> <p>Milk ^</p>
Wednesday	<p><b>WG Bagels</b></p> <p>Ø Cream Cheese ^</p> <p>~ Bananas</p> <p>Milk ^</p>	<p>* Chicken and Gravy</p> <p>* Mashed Potatoes ^ with <b>WG Bread</b></p> <p>Pears</p> <p>Milk ^</p>	<p><b>WG Animal Crackers</b></p> <p>~ Apple Slices (&lt;2 Cooked Apples)</p>
Thursday	<p>Ø Banana Muffins ^</p> <p>Mandarin Oranges</p> <p>Milk ^</p>	<p>* Goulash ^\$ (Hamburger, Noodles, Tomatoes, Beef Broth, Cheese)</p> <p>Corn</p> <p>Peaches</p> <p>Milk ^</p>	<p>* Italian Cheese Roll ^</p> <p>Milk ^</p>
Friday	<p>Crispex Cereal</p> <p>~ Appleslices (&lt;2 Cooked Apples)</p> <p>Milk ^</p>	<p>* Hot Turkey Sandwiches with Cheese ^</p> <p>Peas</p> <p>Pineapple</p> <p>Milk ^</p>	<p>Oyster Crackers</p> <p>~ Bananas</p>

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# Apple Tree Connections

## Fall and Winter Menu: Week 4

	Breakfast	Lunch	Snack
Monday	Rice Krispies Cereal Peaches Milk ^	*White Chicken Chili with <b>WG Crackers</b> ^  Carrots Pears Milk ^	<b>WG Goldfish Crackers</b>  Milk ^
Tuesday	Ø French Toast # ^ Mandarin Oranges Milk ^	*Hamburger on <b>WG Bun</b> \$  Ø Baked Beans ♦  Pineapple Milk ^	Pretzels (<2 Soft Pretzels)  ~ Apple Slices (<2 Applesauce)
Wednesday	Ø Pumpkin Muffins ^  ~ Bananas Milk ^	* Chicken Taco ( <b>WG Tortilla</b> , Lettuce, Cheese) ^  Corn Peaches Milk ^	<b>WG Vanilla Bear Grahams</b>  Milk ^
Thursday	<b>WG Cream of Wheat</b>  Craisins Milk ^	* Macaroni and Cheese ^ <b>WG Noodles</b>  Green Beans Pineapple Milk ^	<b>WG Animal Crackers</b>  Milk ^
Friday	Cherrios  ~ Bananas Milk ^	* ~ Stuffed Green Pepper Casserole with <b>Brown Rice</b> \$  Peas Mandarin Oranges Milk ^	<b>WG Cinnamon Tortilla Roll</b>  ~ Appleslices (<2 Cooked Apples)

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