

Apple Tree Connections

Fall and Winter Menu: Week 1

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

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