

# Apple Tree Connections

## Fall and Winter Menu: Week 1

	Breakfast	Lunch	Snack
Monday	Rice Krispies Pears Milk ^	<b>*WG Chicken Noodle</b> Soup Crackers ^ Peas Pineapple Milk ^	<b>WG Goldfish</b> Milk ^
Tuesday	Ø Mini Pancakes ^ ~ Apple Slices (<2 cooked apples) Milk ^	<b>*WG Baked Ziti</b> ^\$ Corn Peaches 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> Applesauce Milk ^	Salisbury Steak with Gravy ^ \$ and <b>WG Bread</b> *Mashed Potatoes^ Pears Milk ^	Animal Crackers Milk ^
Friday	<b>WG Cheerios</b> Mandarin Oranges Milk ^	Ø WG Chicken Patty with a Bun Carrots Pineapple Milk ^	* Party Mix <b>(WG Cheerios, WG Golfish, Kix,</b> Pretzels) Bananas

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

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## Fall and Winter Menu: Week 2

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

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## Fall and Winter Menu: Week 3

	Breakfast	Lunch	Snack
Monday	<p><b>WG Cheerios</b></p> <p>Applesauce</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>Appleslices (&lt;2 cooked apples)</p> <p>Milk ^</p>	<p>Trail Mix (WG Cherrios, Kix, Goldfish, 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>Peaches</p> <p>Milk ^</p>	<p><b>WG Animal Crackers</b></p> <p>Milk ^</p>
Thursday	<p>Ø Banana Muffins ^</p> <p>Pineapple</p> <p>Milk ^</p>	<p>* Goulash ^\$ (Hamburger, Noodles, Tomatoes, Beef Broth, Cheese)</p> <p>Corn</p> <p>Pears</p> <p>Milk ^</p>	<p>Cinnamon Bear Grahams</p> <p>Milk ^</p>
Friday	<p>Kix</p> <p>Bananas</p> <p>Milk ^</p>	<p>* Hot Turkey Sandwiches with Cheese ^</p> <p>Peas</p> <p>Mandarin Oranges</p> <p>Milk ^</p>	<p>Oyster Crackers</p> <p>Appleslices (&lt;2 cooked apples)</p>

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# Apple Tree Connections

## Fall and Winter Menu: Week 4

	Breakfast	Lunch	Snack
Monday	Rice Krispies Cereal Applesauce Milk ^	*White Chicken Chili with <b>WG Crackers</b> ^  Carrots  Pineapple  Milk ^	<b>WG Goldfish Crackers</b>  Milk ^
Tuesday	Ø French Toast # ^  Mandarin Oranges  Milk ^	*Hamburger on <b>WG Bun</b> \$  Ø Baked Beans ♦  Pear  Milk ^	Pretzels (2 Soft Pretzels)  ~Appleslices (<2 cooked apples)
Wednesday	Ø Pumpkin Muffins ^  ~ Bananas  Milk ^	* Chicken Taco ( <b>WG Tortilla</b> , Lettuce, Cheese) ^  Corn  Pineapple  Milk ^	<b>WG Chocolate Bear Grahams</b>  Milk ^
Thursday	<b>WG Cream of Wheat</b>  Peaches  Milk ^	* Macaroni and Cheese ^ <b>WG Noodles</b>  Green Beans  Appleslices (<2 Cooked apples) Milk ^	<b>WG Animal Crackers</b>  Milk ^
Friday	<b>WG Cheerios</b>  Applesauce  Milk ^	Tomato Soup w/ ~ <b>Stuffed cheese breadstick</b> ^  Peas  Mandarin Oranges  Milk ^	<b>Honey Grahams</b>  Bananas

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