

Apple Tree Connections

Fall and Winter Menu: Week 1

	Breakfast	Lunch	Snack
Monday	Rice Krispies Pears Milk ^	*WG Chicken Noodle Soup ^ Crackers ^ Carrots 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 ^	Ø WG Chicken Patty w/WG Bun Ø Mashed Potatoes^ Mandarin Oranges Milk ^	Saltines ~ Apple Slices (<2 = Applesauce)
Thursday	WG Oatmeal Applesauce Milk ^	* Hot Ham & Cheese ^ ♦ Peas Pears Milk ^	Animal Crackers Milk ^
Friday	WG Cheerios Mandarin Oranges Milk ^	* Macaroni and Cheese w/ WG noodles Green Beans Pineapple Milk ^	* Party Mix (WG Cheerios, WG Golfish, Kix, Pretzels) ~ Bananas

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

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Fall and Winter Menu: Week 2

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

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Fall and Winter Menu: Week 3

	Breakfast	Lunch	Snack
Monday	WG Cheerios Applesauce Milk ^	* Pizza Soup ^ ♦ with WG Noodles and Cheese ^ Green Beans Pineapple Milk ^	Ø Cheese Slice ^ WG Bread
Tuesday	Ø Mini Pancakes ^ Mandarin Oranges Milk ^	* Hot shredded Chicken ^ w/ WG Bun Peas Pears Milk ^	Trail Mix (WG Cherrios , Kix, Goldfish, Pretzels) Milk ^
Wednesday	WG Bagels Ø Cream Cheese ^ ~ Bananas Milk ^	* Goulash ^ \$ (Hamburger, WG Noodles, Tomatoes, Beef Broth, Cheese) Corn Mandarin Oranges Milk ^	WG Animal Crackers Milk ^
Thursday	Ø Banana Muffins ^ Pineapple Milk ^	*Egg patty on WG Tortilla w/ cheese # ^ Hashbrowns Pears Milk ^	Cinnamon Bear Grahams Milk ^
Friday	Kix ~ Bananas Milk ^	*Chicken and Gravy ^ Ø Mashed Poatoes ^ w/ WG Bread Peaches Milk ^	Ranch Season Oyster Crackers ~Appleslices (<2 Milk)

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Fall and Winter Menu: Week 4

	Breakfast	Lunch	Snack
Monday	Rice Krispies Cereal Applesauce Milk ^	*White Chicken Chili with WG Crackers ^ Carrots Pineapple Milk ^	WG Goldfish Crackers Milk ^
Tuesday	Ø French Toast # ^ Mandarin Oranges Milk ^	Hamburger on WG Bun \$ Ø Baked Beans ♦ Pear Milk ^	Pretzels (<2 WG Crackers) ~ Apple Slices Ø (<2 Cheese slices)
Wednesday	Ø Pumpkin Muffins ^ ~ Bananas Milk ^	* Chicken Taco (WG Tortilla , Cheese) ^ Corn Pineapple Milk ^	WG Chocolate Bear Grahams Milk ^
Thursday	WG Cream of Wheat Peaches Milk ^	Ø Salisbury Steak w/ Gravy \$♦ w/ WG Bread Ø Mashed Potatoes ^ Pears Milk ^	WG Animal Crackers Milk ^
Friday	WG Cheerios Applesauce Milk ^	Tomato Soup w/ WG Pizza Dippers ^ Peas Mandarin Oranges Milk ^	WG Honey Grahams ~ Bananas

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