

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 Applesauce) Milk ^	*WG Baked Ziti ^\$ Corn Peaches Milk ^	WG Vanilla Bear Grahams Milk ^
Wednesday	Ø Cinnamon Muffins ^# ~ Bananas Milk ^	Ø WG Chicken Patty with WG Bun *Mashed Potatoes^ Mandarin Oranges Milk ^	Saltines ~ Apple Slices (<2 = Applesauce)
Thursday	WG Oatmeal Applesauce Milk ^	*Beef Taco \$ (WG Tortilla and Cheese^) Corn Pears Milk ^	WG Scooby Snacks Milk ^
Friday	WG Cheerios Mandarin Oranges Milk ^	* Macaroni and Cheese w/ WG noodles Green Beans Pineapple Milk ^	* Party Mix (WG Cheerios, WG Goldfish, 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	<p>Kix</p> <p>Mandarin Oranges</p> <p>Milk ^</p>	<p>*\$Chili with WG Noodles and Crackers</p> <p>Carrots</p> <p>Peaches</p> <p>Milk ^</p>	<p>WG Chocolate Bear Graham Crackers</p> <p>Milk^</p>
Tuesday	<p>Ø Waffles^#</p> <p>Pineapple</p> <p>Milk ^</p>	<p>Ø WG Chicken Nuggets ^ and WG Bread</p> <p>* Mashed Potatoes ^</p> <p>Pears</p> <p>Milk ^</p>	<p>Saltines</p> <p>Ø Cheese Slices ^</p>
Wednesday	<p>WG English Muffins</p> <p>~ Bananas</p> <p>Milk ^</p>	<p>Ø Sloppy Joe with WG Bun</p> <p>*~ Cauliflower with Cheese Sauce ^</p> <p>Mandarin Oranges</p> <p>Milk ^</p>	<p>Ø Vanilla Yogurt ^</p> <p>~ Apple Slices (<2 Peaches)</p>
Thursday	<p>Ø Cornbread Muffins ^</p> <p>Pears</p> <p>Milk ^</p>	<p>* Chicken with Brown Rice ^</p> <p>~ Broccoli</p> <p>Pineapple</p> <p>Milk ^</p>	<p>Honey Graham</p> <p>Milk ^</p>
Friday	<p>Rice Crispies</p> <p>~ Bananas</p> <p>Milk ^</p>	<p>Cheese Quesadilla ^ *</p> <p>Corn & WG Cilantro Lime Rice</p> <p>Peaches</p> <p>Milk ^</p>	<p>Pretzels</p> <p><2 (Cinnamon Goldfish)</p> <p>Milk ^</p>

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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 ^	ØCheese Slice ^ WG Bread
Tuesday	Ø Mini Pancakes ^ Mandarin Oranges Milk ^	* Hot Ham and Cheese with WG Bun ^ Carrots Pears Milk ^	Trail Mix (WG Cherrios , Kix, WG Goldfish , Pretzels) Milk ^
Wednesday	WG Bagels Ø Cream Cheese ^ ~ Bananas Milk ^	*Chicken Taco (WG Tortilla and Cheese)^ Corn Mandarin Oranges Milk ^	WG Vanilla Bear Graham Milk ^
Thursday	Ø Banana Muffins ^ Pineapple Milk ^	* Goulash ^\$ (Hamburger, WG Noodles , Tomatoes, Beef Broth, Cheese) Corn Peaches Milk ^	WG Cinnamon Goldfish Milk ^
Friday	Kix ~Bananas Milk ^	* Egg Patty on WG Tortilla with Cheese #^ *Broccoli w/Cheese Sauce^ Pears Milk ^	Oyster Crackers ~Apple Slices (<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 Pears Milk ^	WG Goldfish Crackers Milk ^
Tuesday	Ø French Toast # ^ Mandarin Oranges Milk ^	*Hot Turkey and Cheese on WG Bun ^ Corn Peaches Milk ^	Pretzels (<2 WG Crackers) ~Apple Slices Ø (<2 Cheese Slices)
Wednesday	Ø Pumpkin Muffins ^ ~ Bananas Milk ^	*Hamburger on WG Bun \$ Ø Baked Beans ♦ Pineapple Milk ^	WG Chocolate Bear Grahams Milk ^
Thursday	WG Breakfast Bar Peaches Milk ^	Chicken Alfredo ^* *Broccoli w/Cheese Sauce^ Mandarin Oranges Milk ^	WG Vanilla Wafers Milk ^
Friday	WG Cheerios Applesauce Milk ^	Tomato Soup w/ WG Pizza Dippers ^ Peas Pears Milk ^	WG Honey Grahams ~Bananas

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