

Fall Menu Plan

*Fruits may change with season

Water will be available at all times

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal w/milk Fruit Water	English Muffins Fruit Water	French toast w/syrup Fruit Water	Oatmeal Fruit Water	Yogurt w/granola Fruit Water
Lunch	Chicken Nuggets Fries Veggies Pudding Water	Chili Garlic Naan Bread Veggies Water	Roast Beef Mashed Potatoes Veggies Fruit Water	Grilled Cheese & Ham Soup Veggies Water	Sausages/Eggs Homefries/Beans Fruit Water
Afternoon Snack	Cheese & Crackers Fruit Water	Apples WOW Butter Water	Cookies Fruit Water	Banana Chocolate Chip Muffins Fruit Water	Melba Toast Cheese Pickles Water