

Fall Menu Plan

*Fruits may change with season

Water will be available at all times

Week # 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal & Milk Fruit Water	Apple Sauce Graham Crackers Water	Rice Cake Wow Butter Fruit Water	French Toast w/Syrup Fruit Water	Blueberry Muffins Fruit Water
Lunch	Broccoli & Cheese Quiche Cucumbers Fruit Water	Sloppy Joe on Bun Hot Veggies Fruit Water	Soup Grilled Cheese Fresh Fruit Water	Lasagna with Meat Sauce Caesar Salad Fruit Water	Fish Sticks Sweet Potato Fries Fruit Water
Afternoon Snack	Fresh Fruit Banana Muffins Water	Coco Zucchini Loaf Fruit Water	Cheese & Crackers , Fruit Water	Apples Dip Water	Fruit Cookies Water