

Fall Menu Plan

*Fruits may change with season

Water will be available at all times

Week #4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal/Milk Fruit Water	Scrambled Eggs Toast Fruit Water	Smoothie Graham Crackers Water	Pancakes w/Syrup Fruit Water	Oatmeal Fruit Water
Lunch	Chicken Burgers Caesar Salad Fruit Water	Pork Roast Potatoes Veggies Fruit Water	Tuna Bites Cucumber Fruit Water	Soup Crackers Pudding Water	Spaghetti & Meatballs Garlic Toast Fruit Water
Afternoon Snack	Crackers Cheese Grapes Water	Celery & Carrot Sticks w/Dip Water	Carrot Muffins Fruit Water	Protein Balls Fruit Water	Cupcakes Fruit Water