



FALL/WINTER MENU 2023

School Age Menu

WEEK 1	A.M. SNACK	P.M. SNACK	WEEK 2	A.M. SNACK	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Apple Oat Bun Fresh Fruit	MONDAY	Whole Grain Cereal Milk	Yummy Tropical Fruit & Veg Salsa Multigrain Pita Crackers
TUESDAY	Coconut Oatmeal Bar	Whole Wheat Naan Edamame & Green Pea Spread	TUESDAY	Waffles Raspberry Crumble 100% Fruit Puree	Fresh Fruit Whole Grain Cheese Bite Crackers
WEDNESDAY	Whole Grain Blueberry Scone Blueberry & Apple 100% Fruit Puree	Fresh Fruit Whole Grain Sundried Tomato & Basil Crackers	WEDNESDAY	Whole Grain Apple Cinnamon Cereal Mix Fresh Fruit Milk	Whole Grain Strawberry Banana Oat Loaf Acai Berry & Apple 100% Fruit Puree
THURSDAY	Whole Grain Raisin Bread Cinnamon Spread	Fresh Vegetables Pretzel Roll	THURSDAY	Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread	Yogurt Multigrain Trail Mix
FRIDAY	Yogurt Fresh Fruit	Vegan Oatmeal Cranberry Cookie Dragon Fruit & Apple 100% Fruit Puree	FRIDAY	Whole Grain Everything Morning Toast Crackers Hard Boiled Egg	Fresh Carrots Mini Pizza Swirl
WEEK 3	A.M. SNACK	P.M. SNACK	WEEK 4	A.M. SNACK	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Blueberry Oat Bun Fresh Fruit	MONDAY	Whole Grain Cereal Milk	Yummy Tropical Fruit & Veg Salsa Multigrain Pita Crackers
TUESDAY	Fruit & Oatmeal Bar	Garlic Naan Yummy Tomato Bruschetta	TUESDAY	Waffles Maple & Apple 100% Fruit Puree	Fresh Fruit Whole Grain Triscuit
WEDNESDAY	Whole Grain Cinnamon Scone Pumpkin & Apple 100% Fruit Puree	Fresh Fruit Spice Snaps	WEDNESDAY	Whole Grain Apple Cinnamon Cereal Mix Fresh Fruit Milk	Whole Grain Carrot Spice Loaf Pear & Apple 100% Fruit Puree
THURSDAY	Whole Grain Cranberry Bread Very Berry Spread	Fresh Vegetables Pretzel Roll	THURSDAY	Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread	Yogurt Multigrain Trail Mix
FRIDAY	Yogurt Fresh Fruit	Vegan Oatmeal Date Cookies Unsweetened Applesauce	FRIDAY	Cracked Wheat Crackers Dill-ish Egg Salad	Fresh Carrots Mini Pizza Swirl

Milk and/or Water are served with snacks

- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes