

# ***KID ZONE WEEKLY MENUS***

## **REVISED FALL MENU**

**WEEK 1: Oct 3-7, Oct 31-Nov 4, Nov 28-Dec 2, Dec 26-30, Jan 23-27, Feb 20-24, Mar 19-23, Apr 16-20**

	<b>A.M. SNACK</b>	<b>LUNCH</b>	<b>P.M. SNACK</b>
<b>Monday:</b>	Wh/wheat toast/Milk	Lasagna/Garlic Cheese bread/Apple sauce/Water	Baguettes/Juice
<b>Tuesday:</b>	English muffins/Juice	Pancakes/Ham/Fruit/Milk	Cheese & Crackers/Water
<b>Wednesday:</b>	Banana Bread/Juice	Shepherd's Pie/Rolls/Fruit/Milk	Graham Wafers/Milk
<b>Thursday:</b>	Cereal/Milk	Chicken & Rice/Celery sticks/Fruit/Milk	Apple crumble/Milk
<b>Friday:</b>	Waffles/syrup/Milk	Ham/Cheese sandwiches/Cucumber slices/Granola Bar/Juice	Nuts & Bolts/Juice

**WEEK 2: Oct 10-14, Nov 7-1, Dec 5-9, Jan 2-6, Jan 30-Feb 3, Feb 27-Mar 2, Mar 26-30, Apr 23-27**

<b>Monday:</b>	Wh/wheat Toast/Milk	Mini Pizzas/Carrots/Pudding/Juice	Tea Biscuits/Juice
<b>Tuesday:</b>	English Muffins/Milk	Chicken Soup/ww Roll/Jello-fruit/Milk	Apples/Cinnamon/Crackers/Water
<b>Wednesday:</b>	Wh/Wheat Toast/Juice	Mac & Cheese/Ham/Fruit/Milk	Ice-Cream/Fruit/Water
<b>Thursday:</b>	Cereal/Milk	Turkey/Potatoes/Corn/Fruit/Water	Cookies/Juice
<b>Friday:</b>	Wh/Wheat Toast/Milk	Meat/Jam Sandwiches/Cucumber/Fruit/Water	Nuts & Bolts/Juice

**WEEK 3: Oct 17-21, Nov 14-18, Dec 12-16, Jan 9-13, Feb 6-10, Mar 5-9, Apr 2-6, Apr 30-May 4**

<b>Monday:</b>	English muffins/Juice	Spaghetti/Garlic Cheese Bread/Celery Sticks/Milk	Choc. Chip cookies/Juice
<b>Tuesday:</b>	Wh/Wheat Toast/Milk	Beef Stew/Rolls/Fruit/Milk	Apples/Cinnamon/Crackers/Water
<b>Wednesday:</b>	Cereal/Milk	Chicken Hashbrown Bake/Apple Sauce/Milk	Cheese & Crackers/Water
<b>Thursday:</b>	Waffles/syrup/Milk	Grilled Cheese/Carrot Sticks/Fruit/Milk	Ice-cream/Fruit/Water
<b>Friday:</b>	Cereal/Milk	Meat/Cheese sandwiches/Cucumber Slices/Pudding/Water	Nuts & Bolts/Juice

**WEEK 4: Oct 24-28, Nov 21-25, Dec 19-23, Jan 16-20, Feb 13-17, Mar 12-16, Apr 9-13, May 7-11**

<b>Monday:</b>	Wh/Wheat Toast/Juice	Chicken Nuggets/French-fries/Corn/Fruit C./Milk	Yogurt/Fruit/Water
<b>Tuesday:</b>	Tea Biscuits/Juice	Roast Beef/Potatoes/Peas/Fruit/Milk	Graham Wafers/Milk
<b>Wednesday:</b>	Gingerbread/Juice	Brown Rice/Ham/Roll/Granola Bar/Milk	Rice Krispie Squares/Juice
<b>Thursday:</b>	Wh/Wheat Toast/Milk	Beef Rotini/Celery Sticks/Fruit/Milk	Cookies/Juice
<b>Friday:</b>	Waffles/Syrup/Milk	Meat/Cheese sandwiches/Carrot Sticks/Arrowroot/Juice	Veggies/Dip/Crackers/Water

**Any changes(minor or otherwise) made to the menu will be posted at the sign in desk.**