



# Fall Menu 2022



<u>WEEK I</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Finger Lickin' Chicken!</i>	<i>Gobble, Gobble!</i>	<i>Chickadee, Chickpea!</i>	<i>Crispie Fishies!</i>	<i>EGG-cellent Bagels!</i>
<b>Protein</b>	Mandarin Chicken-less Chicken	Tofurkey	Roasted Chickpeas	Fish Sticks	Scrambled eggs
<b>Grains</b>	Brown Rice	Pumpkin Bread	Macaroni	Sweet Potato Fries	Bagels
<b>Fruit/ Vegetable</b>	Roasted Broccoli	Cranberry sauce	Tomato basil sauce	Celery w/ ranch dip	Guacamole
<b>Fruit/ Vegetable</b>	Mandarin oranges	Roasted Green Beans	Spinach salad w/ raspberry vinaigrette	Veggie Medley	Shredded Carrots

<u>WEEK II</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Cheesy-dilla!</i>	<i>Wish for a Fish!</i>	<i>Sunny Toast!</i>	<i>Eat Your Fill Chili!</i>	<i>Lotsa Latkes!</i>
<b>Protein</b>	Black Bean	Tilapia w/ lemon & herbs	French toast (made w/ egg) served w/ sunflower butter	Lentil chili	Sausage
<b>Grains</b>	Corn tortillas w/cheese	Orzo Pasta	Bread	Cornbread	Latkes
<b>Fruit/ Vegetable</b>	Salsa	Roasted bell peppers	Dried blueberries	Pears	Applesauce
<b>Fruit/ Vegetable</b>	Corn	Cauliflower	Bananas	Tomatoes	Peas

**Protein Alternatives:**

Vegan Cream Cheese,  
Sunflower Butter,  
Hummus

*Each snack consists of one whole grain*

*...each snack consists of one Fruit or Vegetable*

- Whole Grain Unsalted Rice Cakes
- Whole Grain Cheerios
- Whole Grain Pretzel Thins
- Veggie Straws
- Plantain Chips
- Triscuits
- Apples, oranges, bananas, pears or other fresh fruit
- Cucumbers, baby carrots or other fresh vegetables
- Unsweetened Apple Sauce
- Unsweetened Raisins
- Oat milk is also offered \*

**And...**

*\*If your child is allergic to any of the items on our menu, please tell the teacher right away!*