

APPLE TREE CHILDREN'S CENTERS WINTER MENU revised 09-10

October-March

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1	Chicken Taco w / Cheese Corn Peaches Milk AM Applesauce / Milk PM Mini Muffin / Milk	BBQ Sandwich Tator Tots Apples Milk AM Whole Wheat Cinnamon Toast / Milk PM Cheese Tortilla / Water	Mini Pancake Wraps Green Beans Pears Chocolate Milk AM Cereal in Milk PM Cornbread / Syrup / Milk	Cheese Pizza Carrots Mixed Fruit Milk AM Oatmeal / Milk PM Cookies / Milk	Turkey & Potato Casserole Whole Wheat Bread Pineapple Milk AM Egg Patty / Milk PM Cracker & Cheese Sandwich / Juice
Wk 2	Chicken Nuggets Baked Beans Fresh Fruit Chocolate Milk AM Cheese Stick / Wheat Cracker / Water PM Grahams / Juice	Tator Tot Hotdish Corn Mandarin Oranges Biscuit Milk AM Cereal Bar / Milk PM Jelly on an English Muffin / Milk	COOK'S CHOICE	Turkey Mashed Potatoes Whole Wheat Bread Mixed Fruit Milk AM Saltines / Cheese / Water PM Goldfish Pretzels / Juice	Macaroni & Cheese Hotdog Pickle Spear Pears Milk AM Donut Holes / Milk PM Animal Crackers / Milk
Wk 3	Meatballs in Sauce Pasta Salad Diced Potatoes Peaches Milk AM Yogurt & Graham Cracker / Water PM Cheez Its / Juice	Turkey & Whole Grain Rice Casserole Mixed Vegetables Pineapple Milk AM Vanilla Wafers / Chocolate Milk PM Supreme Trail Mix / Milk	Waffles Sausage Patty Wax Beans Mandarin Oranges Milk AM Oyster Crackers / Juice PM Banana / Milk	Chicken Alfredo Peas & Carrots Pears Milk AM Wheat Cracker / Juice PM Rice Krispie Bar / Milk	Fish Sticks Mashed Potatoes Applesauce Milk AM English Muffin with Cheese / Water PM Banana Bread / Milk
Wk 4	Turkey, Cheese & Spinach Wrap Carrots Pineapple Milk AM Mixed Cereal / Milk PM Blueberry Bagel / Milk	Goulash Dinner Roll Peaches Milk AM Animal Crackers/Juice PM Whole Wheat Cheese Sandwich / Water	Hotdog on Bun Peas Mixed Fruit Chocolate Milk AM Teddy Grahams / Milk PM Muffin / Milk	Cheese Omelet Whole Grain Spanish Rice Wax Beans Fresh Fruit Milk AM Whole Wheat Toast / Juice PM Tortilla with Cinnamon & Sugar / Milk	COOK'S CHOICE
Wk 5	Hamburger Patty w / Bun Sweet Potato Fries Peaches Milk AM French Toast Stick / Milk PM Cinnamon Graham Cracker / Milk	Ham & Cheese Sandwich on Whole Wheat Bread Flavored Applesauce Peas Milk AM Goldfish / Juice PM Wheat Cracker / Fresh Fruit / Water	Whole Grain Mini Corndogs Broccoli w/Cheese Sauce Pears Chocolate Milk AM Scooby Snacks / Milk PM Oyster Crackers / Juice	Baked Beans / Hamburger Mixed Fruit Dinner Roll Milk AM Mixed Cereal / Milk PM Jelly Sandwich on Whole Wheat Bread / Milk	Scalloped Potatoes & Ham/Cheese slice Whole Wheat Bread Pineapple Milk AM Breakfast Cookie / Milk PM Cheerio Bar / Milk

