


**Lakemary Fall/Winter MENU  
WEEK #3**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> Yogurt Cup Poptart Fresh Orange Quarters WG Cereal Juice Choice Milk Choice	Whole Grain Cinnamon Roll Apricot Halves Whole Grain Cereal Juice Choice Milk Choice	Scrumptious Coffeecake Strawberry Applesauce Whole Grain Cereal Juice Choice Milk Choice	Biscuit & Gravy Mandarin Oranges Whole Grain Cereal Juice Choice Milk Choice	French Toast Sticks Sugar Free Syrup Rosy Applesauce Whole Grain Cereal Juice Choice Milk Choice	Mini Cinnis Caramel Gogurt Blueberries Whole Grain Cereal Juice Choice Milk Choice	Whole Grain Muffin Banana Juice WG Cereal Milk
<b>Lunch</b> Hamburger on a Bun Provolone Cheese Sl Dark Green Leaf Lettuce Tomato Slices Crinkle Cut Fries Ketchup Fresh Apple Milk Choice	Chili Tortilla Chips Red Pepper Strips Cracker Graham Cinnamon Sticks Pear Slices Milk Choice	Chicken Nuggets Whole Wheat Roll Mashed Potatoes & Gravy Tossed Salad Fresh Blueberries Milk Choice	Roasted Turkey Roasted Sweet Potatoes Green Beans Peachy Keen Cinnamon Roll Cobbler Milk Choice	Burrito Bean Cheese Salsa Shredded Romaine Refried Beans Fresh Grapes Yogurt cup Milk Choice	Popcorn Chicken Steamed Winter Mix Vegetables Corn Muffin Red Skin Potato Wedges Anjou Pear Milk Choice	Mini Meatball Sub Steamed Corn Pineapple Chunks Milk Choice
<b>Supper</b> Chicken Tetrazini Salad Salad Dressing Diced Pears Garlic Breadstick Milk Choice	Chicken Strips Stuffing Corn on cob Dinner Roll w/ pat of butter Fruit cup Milk	<b>Cook's Choice</b> 	Crispy Beef Taco Shredded Lettuce Diced Tomatoes Salsa Fiesta Black Bean & Corn Cantaloupe Cinnamon roll Milk	Tuna Casserole Steamed Broccoli Dinner Roll Cuties Milk	Breakfast Burritos w/ Hashbrowns Salsa Grape Tomatoes Wango Mango Diced Peaches Apple Cinnamon Muffin Milk Choice	Uncrustables Vanilla Yogurt Strawberry Applesauce Cup Baby Carrots & Hummus Graham Cracker Milk Choice

"This institution is an equal opportunity provider."

\*Menu subject to change