**ELC Winter Menu** Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal Planner | Monday | Tuesday | Wednesday | Thursday | Friday |
| MorningSnack | Yogurt&Digestives | Cereal&Milk | Apple Sause&Baked Oatmeal | Grapes&Energy Bites  | Bagel&Apple Slices |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Lunch | Taco Salad,Roll, Carrots, Cucumbers, Peppers, & Apple Slices | Ham and Cheese Pinwheels,Broccoli, Peas, &Pineapple | Goulash,Carrots, Celery, Cucumber,&Orange Slices | Egg Salad Sandwich, Cucumbers, Carrots, Cherry Tomatoes, &Kiwi | Beef Soup,Roll, Peppers, Peas, &Orange Slices |
| Afternoon Snack | Celery, Pretzels, &Peanut Butter Dip | Mini Pizza&Apple Slices | Banana&Graham Crackers | Yogurt&Oat Square  | Chips, Cheese, &Salsa |

**ELC Winter Menu** Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal Planner | Monday | Tuesday | Wednesday | Thursday | Friday |
| MorningSnack | Cheerios &Milk | Yogurt&Digestive | Baked Oatmeal&Milk | Banana&Breakfast Cookie  | Orange Slices&Granola Bar |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Lunch | Soft Tacos,Celery, Carrots, Cucumber, &Apple Slices | Potatoes,Honey Garlic Pork Bites,Carrots, Peas,&Pineapple | Stroganoff,Cucumber, Peppers, Cherry Tomatoes, &Orange Slices | Chicken Wrap,Carrots, Peas,&Kiwi | Turkey Soup,Roll,Broccoli, Cucumber, & Grapes |
| Afternoon Snack | Cheese & Crackers | Banana&Muffin | Apple Sauce &Graham Crackers | Peanut Butter Cereal Bar&Apple Slices | Deviled Egg&Crackers |

**ELC Winter Menu** Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal Planner | Monday | Tuesday | Wednesday | Thursday | Friday |
| MorningSnack | Cereal &Milk | Bagel&Yogurt | Apple Sauce &Graham Crackers | Banana&Breakfast Cookie  | Orange Slices&Granola Bar |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Lunch | Ground Beef, Rice,Peas, Broccoli,&Pineapple | Breakfast Burrito,Cucumber, Peppers,&Apple Slices | Spaghetti,Carrots, Broccoli,&Orange Slices  | Peanut Butter and Jam Sandwich, Carrots, Broccoli,&Grapes | Hamburger Soup,Roll,Celery, Peppers,&Orange Slices |
| Afternoon Snack | Cheese & Crackers | Banana&Cookies | Deviled Egg&Crackers | Chips, Cheese& Salsa  | Yogurt &Muffin |