

# Winter Menu

**Week 1**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Whole Grain Cereal Bananas Milk	Pancakes Apples Milk	Oatmeal Applesauce Milk	Sausage & Potato Breakfast Hash Milk	Waffles Bananas Milk
<b>Lunch</b>				
BBQ Chicken Brown Rice Green Peas Tropical Fruit Milk	Cottage Pie Baked Apples Milk	Ground Beef Sloppy Joes on Whole Wheat Bun Spinach Tropical Fruit Milk	Sweet & Sour Pork Brown Rice Corn Green Beans Milk	Grilled Cheese Sandwiches Carrot Sticks Apple Slices Milk
<b>PM Snack</b>				
Carrot Sticks Cottage Cheese	Bagel with Cheese Orange Wedges	Muffins Berries	Bananas Yogurt	Mixed Fruit Cheese Cubes

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for photos of meals. Water is available to children throughout the day & at all meals. If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Hi Mama. Menu alternatives are prepared separately for children with dietary restrictions.

# Winter Menu

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Whole Grain Cereal Bananas Milk	Pancakes Apples Milk	Oatmeal Applesauce Milk	Sausage & Potato Breakfast Hash Milk	Waffles Bananas Milk
<b>Lunch</b>				
Spaghetti Bolognese Garlic Breadsticks Spinach Melon Milk	Butter Chicken Brown Rice Carrots Naan Bread Mango Milk	Beef Meatballs Mashed Potatoes & Yams Corn Wheat Bun Milk	Chicken Stroganoff Brown Rice Peas Apple Slices Milk	Sheet Pan Pizza Cucumber Sticks Orange Wedges Milk
<b>PM Snack</b>				
Carrot Sticks Cottage Cheese	Bagel with Cheese Orange Wedges	Muffins Berries	Bananas Yogurt	Mixed Fruit Cheese Cubes

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for photos of meals. Water is available to children throughout the day & at all meals. If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Hi Mama. Menu alternatives are prepared separately for children with dietary restrictions.

# Winter Menu

**Week 3**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Whole Grain Cereal Bananas Milk	Pancakes Apples Milk	Oatmeal Applesauce Milk	Sausage & Potato Breakfast Hash Milk	Waffles Bananas Milk
<b>Lunch</b>				
Cheddar Chicken Brown Rice Broccoli Tropical Fruit Milk	Perogies Pork Sausages Baked Apples Milk	Mac & Cheese Bake Spinach Tropical Fruit Milk	Salisbury Steak Cornbread Mashed Potatoes Green Beans Milk	Chicken Salad Sandwiches Pepper Rings Apple Slices Milk
<b>PM Snack</b>				
Carrot Sticks Cottage Cheese	Bagel with Cheese Orange Wedges	Muffins Berries	Bananas Yogurt	Mixed Fruit Cheese Cubes

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for photos of meals. Water is available to children throughout the day & at all meals. If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Hi Mama. Menu alternatives are prepared separately for children with dietary restrictions.

# Winter Menu

**Week 4**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Whole Grain Cereal Bananas Milk	Pancakes Apples Milk	Oatmeal Applesauce Milk	Sausage & Potato Breakfast Hash Milk	Waffles Bananas Milk
<b>Lunch</b>				
Chili & Cornbread Bake Pepper Rings Berries Milk	Enchiladas Brown Rice Apples Milk	Pulled Pork Buns Spinach Tropical Fruit Milk	Roasted Chicken Mashed Potatoes Corn & Carrots Wheat Bun Milk	Taco Wrap Carrot Sticks Apple Slices Milk
<b>PM Snack</b>				
Carrot Sticks Cottage Cheese	Bagel with Cheese Orange Wedges	Muffins Berries	Bananas Yogurt	Mixed Fruit Cheese Cubes

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for photos of meals. Water is available to children throughout the day & at all meals. If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Hi Mama. Menu alternatives are prepared separately for children with dietary restrictions.