






Fall

Winter

Week 3
Discovery Menu
2011-12



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal & Milk	Diced Pears/Peaches	Fruit Yogurt	Loaf	Raisin Cinnamon Bagels & Apple Butter
Lunch	Spaghetti Homemade Meat Sauce Parmesan Cheese Fruit Milk 	Homemade Corn Fritters Coleslaw Fruit Milk 	Fish Cakes Mashed Potatoes Peas Fruit Milk 	Homemade Mushroom Barley Soup Cheddar Cheese Whole Wheat Crackers Fruit Milk 	Homemade Cheese and Pepperoni Pizza Cucumber Ranch Dip Fruit Milk 
PM Snack	Assorted Fruit & Arrowroot Biscuits	Graham Crackers & Lemon Cream Cheese	Nachos & Creamy Salsa Dip	Hummus & Whole Wheat Pitas	Homemade Baked Goodie