

Week 3



Fall & Winter **Daily Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
B	Cheerios with fruit & milk	Whole wheat waffles with fruit & milk	Egg & cheese breakfast burritos with salsa, fruit, & milk	Bagels with cream cheese, fruit, & milk	Pumpkin Pancakes with fruit & milk
R					
E					
A					
K					
F					
A					
S					
T					
L	Homemade chicken nuggets, mashed potatoes, fruit, & milk	Quiche with spinach & cheese, brown rice, fruit, & milk	Homemade turkey chili, cornbread, vegetables, fruit, & milk	Grilled cheese sandwiches, tomato soup, vegetables, fruit, & milk	Chicken quesadillas, black beans, vegetables, fruit, & milk
U					
N					
C					
H					
S					
N					
A					
C	Rice Cakes & Fruit	Yogurt with Graham Crackers	String Cheese & Sliced Bell Peppers	Homemade hummus with fresh vegetables	Cottage Cheese with Crackers
K					

The Acorn School provides whole milk to children 1-2 years of age and 1% milk to children 2 years and older.

* Soy milk is available upon request.

Allergies and other dietary restrictions will be accommodated with adequate substitutions.

The Acorn School participates in the Child and Adult Care Food Program. In accordance with Federal Law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

