**ELC Winter Menu** Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal Planner | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning  Snack | Yogurt  &  Digestives | Cereal  &  Milk | Apple Sause  &  Baked Oatmeal | Grapes  &  Energy Bites | Bagel  &  Apple Slices |
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|  |  |  |  |  |  |
| 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 |
| Morning  Snack | Cheerios  &  Milk | Yogurt  &  Digestive | Baked Oatmeal  &  Milk | Banana  &  Breakfast Cookie | Orange Slices  &  Granola Bar |
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|  |  |  |  |  |  |
| 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 |
| Morning  Snack | 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 |