

Winter Menu 2025

December / January / February



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	12/1, 12/29, 1/26, 2/23	12/2, 12/30, 1/27, 2/24	12/3, 12/31, 1/28, 2/25	12/4, 1/1, 1/29, 2/26	12/5, 1/2, 1/30, 2/27
Week 1					
Breakfast	<ul style="list-style-type: none"> Toasted Oats, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG Pancakes* W/ Applesauce, Pineapple, Org. Milk 	<ul style="list-style-type: none"> WG Biscuits*, Turkey Sausage, V Egg Patties, Apples, Org. Milk 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Clementines, Org. Milk 	<ul style="list-style-type: none"> Lemon Poppyseed Muffins, Honeydew, Org. Milk
Lunch	<ul style="list-style-type: none"> Chx. Sliders, WG Rolls, V Veg. Burger, Tomato Ketchup, Green & Yellow Beans, Apples 	<ul style="list-style-type: none"> Chx. Fajitas, WG Tortillas V Tofu Fajitas, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Three Cheese Ravioli, Marinara, Broccoli & Cauliflower, Cantaloupe 	<ul style="list-style-type: none"> Lemon Garlic Herb Rice & Chx., V Lemon Garlic Tofu, 4 Veggie Blend, Pineapple 	<ul style="list-style-type: none"> WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad
Snack	<ul style="list-style-type: none"> Mini Pretzel Twists, Cheddar Cheese, Water 	<ul style="list-style-type: none"> Vanilla Yogurt, Fresh Pears, Water 	<ul style="list-style-type: none"> Brown Rice Cakes, Steamed Sweet Potatoes, Water 	<ul style="list-style-type: none"> Ritz Crackers, Fresh Bananas, Water 	<ul style="list-style-type: none"> Graham Squares, Fresh Apples, Water
	12/8, 1/5, 2/2	12/9, 1/6, 2/3	12/10, 1/7, 2/4	12/11, 1/8, 2/5	12/12, 1/9, 2/6
Week 2					
Breakfast	<ul style="list-style-type: none"> Corn Chex, Oranges, Org. Milk 	<ul style="list-style-type: none"> Hash Browns, Turkey Sausage, V Egg Patties, Pineapple, Org. Milk 	<ul style="list-style-type: none"> WG French Toast Sticks, Maple Syrup, Apples, Org. Milk 	<ul style="list-style-type: none"> Homemade Granola, Vanilla Yogurt, Clementines, Org. Milk 	<ul style="list-style-type: none"> Apple Spice Muffins, Fresh Cantaloupe, Org. Milk
Lunch	<ul style="list-style-type: none"> WG Mac & Cheese, Broccoli & Cauliflower, Apples 	<ul style="list-style-type: none"> Red Beans & Rice, Roasted Chicken, V Tofu Red Beans, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Turkey Burger W/ Cheese, V Veg. Burger, Buns & Ketchup, Green & Yellow Beans, Honeydew 	<ul style="list-style-type: none"> WG Cheese Tortellini In Garlic & Herb Oil, 4 Veg. Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Meatballs In Marinara Sauce, V Tofu In Marinara Sauce, WG Rolls, Green Beans & Carrots, Fruit Salad
Snack	<ul style="list-style-type: none"> Animal Crackers, String Cheese, Water 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Fresh Pears, Water 	<ul style="list-style-type: none"> Whole Grain Tortillas, Guacamole, Water 	<ul style="list-style-type: none"> Brown Rice Cakes, Fresh Bananas, Water 	<ul style="list-style-type: none"> Cottage Cheese, Fresh Apples, Water
	12/15, 1/12, 2/9	12/16, 1/13, 2/10	12/17, 1/14, 2/11	12/18, 1/15, 2/12	12/19, 1/16, 2/13
Week 3					
Breakfast	<ul style="list-style-type: none"> Corn Flakes, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG* Pancakes, Maple Syrup, Pineapple, Org. Milk 	<ul style="list-style-type: none"> Toasted Oats, Strawberry Yogurt, Apples, Org. Milk 	<ul style="list-style-type: none"> Hash Browns, Turkey Sausage, V Egg Patties, Clementines, Org. Milk 	<ul style="list-style-type: none"> Blueberry Muffins, Honeydew, Org. Milk
Lunch	<ul style="list-style-type: none"> Chx. Fajitas, WG Tortillas V Tofu Fajitas, Green & Yellow Beans, Apples 	<ul style="list-style-type: none"> WG Rotini, Roasted Tomato Sauce, Turkey Sausage V Tomato Tofu, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> BBQ Chicken & Brown Rice, V BBQ Tofu & Brown Rice, Broccoli & Cauliflower, Cantaloupe 	<ul style="list-style-type: none"> WG Chx Bites, Tomato Ketchup, V Veggie Bites, 4 Veggie Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Alfredo, WG Rotini, V Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad
Snack	<ul style="list-style-type: none"> Ritz Crackers, Cheddar Cheese, Water 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Fresh Pears, Water 	<ul style="list-style-type: none"> Brown Rice Cakes, Sunflower Butter, Water 	<ul style="list-style-type: none"> Graham Squares, Bananas, Water 	<ul style="list-style-type: none"> Cheddar Goldfish, Fresh Apples, Water
	12/22, 1/19, 2/16	12/23, 1/20, 2/17	12/24, 1/21, 2/18	12/25, 1/22, 2/19	12/26, 1/23, 2/20
Week 4					
Breakfast	<ul style="list-style-type: none"> Rice Krispies, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG Biscuits*, Turkey Sausage, V Fresh Eggs, Pineapple, Org. Milk 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Apples, Org. Milk 	<ul style="list-style-type: none"> WG Waffles*, Maple Syrup, Clementines, Org. Milk 	<ul style="list-style-type: none"> Orange Blossom Muffins, Cantaloupe, Org. Milk
Lunch	<ul style="list-style-type: none"> Turkey & Rice Casserole, V Tofu Rice Casserole, Broccoli & Cauliflower, Apples 	<ul style="list-style-type: none"> Herb Chx. & WG Rotini Pasta, V Herbed Tofu, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> WG Chx. Bites*, Tomato Ketchup, V Veg. Bites, Green & Yellow Beans, Honeydew 	<ul style="list-style-type: none"> Southwest Chx., Brown Rice Bowl, V Org Tofu, 4 Veggie Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Marinara, WG Penne, V Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad
Snack	<ul style="list-style-type: none"> Animal Crackers, String Cheese, Water 	<ul style="list-style-type: none"> Cottage Cheese, Fresh Pears, Water 	<ul style="list-style-type: none"> Italian Hummus, Pita Bread, Water 	<ul style="list-style-type: none"> Strawberry Yogurt, Fresh Bananas, Water 	<ul style="list-style-type: none"> Club Crackers, Fresh Apples, Water

Winter Allergy Menu 2025

December / January / February



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	12/1, 12/29, 1/26, 2/23	12/2, 12/30, 1/27, 2/24	12/3, 12/31, 1/28, 2/25	12/4, 1/1, 1/29, 2/26	12/5, 1/2, 1/30, 2/27
	Lunch <ul style="list-style-type: none"> Roasted Chicken Corn Flour Pasta Green & Yellow Beans Fresh Apples Plant Based Milk 	<ul style="list-style-type: none"> Chicken Fajitas Corn Tortillas Peas & Carrots Fresh Bananas Plant Based Milk 	<ul style="list-style-type: none"> Corn Flour Pasta Marinara Sauce Diced Chicken Broccoli & Cauliflower Fresh Cantaloupe Plant Based Milk 	<ul style="list-style-type: none"> Lemon Garlic Herb Rice And Chicken 4 Veggie Blend Fresh Pineapple Plant Based Milk 	<ul style="list-style-type: none"> Chicken Quesadillas Vegan Cheese Green Beans Diced Carrots Fresh Fruit Salad Plant Based Milk
Week 2	12/8, 1/5, 2/2	12/9, 1/6, 2/3	12/10, 1/7, 2/4	12/11, 1/8, 2/5	12/12, 1/9, 2/6
	Lunch <ul style="list-style-type: none"> Mac N' Chicken Vegan Cheese Corn Flour Pasta Broccoli & Cauliflower Fresh Apples Plant Based Milk 	<ul style="list-style-type: none"> Red Beans & Rice Diced Chicken Green Beans Diced Carrots Fresh Fruit Salad Plant Based Milk 	<ul style="list-style-type: none"> Grilled Chicken Brown Rice Green & Yellow Beans Fresh Honeydew Plant Based Milk 	<ul style="list-style-type: none"> Corn Flour Pasta In Marinara Sauce Diced Chicken 4 Veggie Blend Fresh Pineapple Plant Based Milk 	<ul style="list-style-type: none"> Herbed Chicken Brown Rice Peas & Carrots Fresh Bananas Plant Based Milk
Week 3	12/15, 1/12, 2/9	12/16, 1/13, 2/10	12/17, 1/14, 2/11	12/18, 1/15, 2/12	12/19, 1/16, 2/13
	Lunch <ul style="list-style-type: none"> Chicken Fajitas Corn Tortillas Green & Yellow Beans Fresh Apples Plant Based Milk 	<ul style="list-style-type: none"> Corn Flour Pasta Marinara Sauce Diced Chicken Peas & Carrots Fresh Bananas Plant Based Milk 	<ul style="list-style-type: none"> BBQ Chicken & Brown Rice Broccoli & Cauliflower Fresh Cantaloupe Plant Based Milk 	<ul style="list-style-type: none"> Chicken In Salsa Corn Tortillas 4 Veggie Blend Fresh Pineapple Plant Based Milk 	<ul style="list-style-type: none"> Roasted Chicken Brown Rice Green Beans Diced Carrots Fresh Fruit Salad Plant Based Milk
Week 4	12/22, 1/19, 2/16	12/23, 1/20, 2/17	12/24, 1/21, 2/18	12/25, 1/22, 2/19	12/26, 1/23, 2/20
	Lunch <ul style="list-style-type: none"> Vegetarian Burrito Bowl Corn Tortillas Broccoli & Cauliflower Fresh Apples Plant Based Milk 	<ul style="list-style-type: none"> Corn Flour Pasta In Marinara Sauce Diced Chicken Peas & Carrots Fresh Bananas Plant Based Milk 	<ul style="list-style-type: none"> Grilled Chicken Corn Flour Pasta Green & Yellow Beans Fresh Honeydew Plant Based Milk 	<ul style="list-style-type: none"> SW Chx Brown Rice Bowl 4 Veggie Blend Pineapple Plant Based Milk 	<ul style="list-style-type: none"> Corn Flour Pasta In Marinara Sauce Diced Chicken Green Beans Diced Carrots Fresh Fruit Salad Plant Based Milk