

Fisher Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Infants: Bananas</p> <p>Cheerios (WG) GF Cereal Watermelon (F)</p> <p>Milk</p>	<p>Infants: Turkey Sausage</p> <p>Turkey Bacon (Mt/MtAlt) Veggie Sausage Wheat English Muffin (WG) Cantaloupe (F)</p> <p>Milk</p>	<p>Infants: Peaches</p> <p>Pancake (WW) GF Waffles Peaches (F)</p> <p>Milk</p>	<p>Infants: Peaches</p> <p>Scrambled Egg (Mt/MtAlt) Veggie Sausage Watermelon (F)</p> <p>Milk</p>	<p>Infants: Canned Apples Infants: Cheerios (WG)</p> <p>Rice Chex (WG) Veggie Sausage Apples (F)</p> <p>Milk</p>
Lunch	<p>Roast Turkey (Mt/MtAlt) Side of Gravy Wheat Roll (WG) Mashed Potatoes(Vg) Peaches (F)</p> <p>GF Vegetarian Strips Vegan Chicken Tenders</p> <p>Milk</p>	<p>Grilled Cheese (Mt/MtAlt) Bread (WW) Tomato Soup (Vg) Pineapples (F) Infants: Pears</p> <p>Vegan Grilled Cheese</p> <p>Milk</p>	<p>Baked Chicken Nugget (Mt/MtAlt) BBQ sauce Wheat Breadsticks (WG) Green Beans (Vg) Honeydew (F)</p> <p>GF Nuggets</p> <p>Milk</p>	<p>Baked Turkey Ham (Mt/MtAlt) Wheat Roll (WG) Roasted Red Potatoes(Vg) Infants: Mashed Potatoes Honey Dew Melon (F)</p> <p>GF Vegetarian Strips</p> <p>Milk</p>	<p>Pizza (WW) (Mt/MtAlt) Garden Salad (Vg) Infants: Steamed Carrots Oranges (F) Infants: Bananas</p> <p>GF Pizza Vegan Pizza</p> <p>Milk</p>
Snack	<p>Boiled Egg (Mt/MtAlt) Wheat Crackers (WG)</p> <p>Infants: Wheat Crackers GF Animal Crackers</p>	<p>Blueberry Muffin (WG) Apples (F)</p> <p>Infants: Canned Apples GF Cookies</p>	<p>Berry Smoothie (F) Animal Crackers (WG)</p> <p>Infants: Applesauce Infants: Graham Crackers GF Crackers</p>	<p>Cucumber Slices (Vg) Hummus (Mt/MtAlt) Crackers (WW)</p> <p>GF Crackers</p>	<p>Pretzels (WW) Cheese Sauce Pears (F)</p> <p>GF Pretzels</p>

(WG) Whole Grain
(WW) Whole Wheat
(F) Fruit
(Vg) Vegetable
Alternate

Breakfast
Milk
Vegetable or Fruit
Grain*
max.

Lunch
Milk
Meat/Meat Alternate
Vegetable
Fruit
Grain

Snack (Any 2)
Milk
Meat/Meat Alternate
Vegetable
Fruit
Grain

Fisher Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Infants: Pears Boiled Eggs (Mt/MtAlt) Bread (WW) GF Tapioca Loaf Pears (F) Milk	Infants: Yogurt Infants: Cheerios Yogurt (F) Granola (WG) or Cheerios (WG) GF Cereal/Yogurt Honey Dew (F) Milk	Infants: Peaches Scrambled Eggs & Cheese (Mt/MtAlt) Veggie Sausage Bread (WW) Pineapples or Peaches (F) Milk	Infants: Applesauce Infants: Cheerios Rice Chex (WG) GF Cereal Pears (F) Milk	Infants: Pears Turkey Sausage (Mt/MtAlt) Veggie Sausage Bagels (WG) & cream cheese Watermelon (F) Milk
Lunch	Grilled Chicken (Mt/MtAlt) Pasta w/ Marinara (WW) Shredded Mozzarella Peas (Vg) Peaches (F) GF Pasta Vegan Meatballs Milk	Cheese Burger (Mt/MtAlt) w/ Bun (WW) Tator Tots (Vg) Oranges (F) Veggie Burger Vegan Burger Milk	Grilled Turkey Ham (Mt/MtAlt) Macaroni & Cheese (WW) Broccoli (Vg) Cantalope (F) GF Vegetarian Strips Milk	Chicken Fajitas (Mt/MtAlt) Black Beans Tortillas (WW) Corn (Vg) Applesauce (F) GF Nuggets Milk	Roasted BBQ Chicken (Mt/MtAlt) Wheat Breadsticks (WG) Steamed Peas (Vg) Apples (F) Infants: Canned Apples GF Vegetarian Strips Milk
Snack	Sliced Cucumbers (Vg) Ranch Dip Crackers (WW) GF Crackers	Sliced Turkey (Mt/MtAlt) Wheat Roll (WG) GF Animal Crackers	Graham Crackers (WW) Apples (F) GF Crackers	Banana Muffin (WG) Cheese Sticks (Mt/MtAlt) GF Cookies	Sliced Cheddar Cheese (Mt/MtAlt) Pears (F) GF Pretzels

(WG) Whole Grain
(WW) Whole Wheat
(F) Fruit
(Vg) Vegetable

Breakfast
 Milk
 Vegetable or Fruit
 Grain*

Lunch
 Milk
 Meat/Meat Alternate
 Vegetable

Snack (Any 2)
 Milk
 Meat/Meat Alternate
 Vegetable

(Mt/MtAlt) Meat/Meat Alternate *Mt/MtAlt instead of Grain 3x/week max.

Fruit
 Grain

Fruit
 Grain

Week 3-updated November 2018

Fisher Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Infants: Peaches Cheerios (WG) GF Cereal Peaches (F) Milk	Infants: Cantaloupe Waffles (WG) GF Waffles Cantaloupe (F) Milk	Infants: Banana Oatmeal (WG) GF Oatmeal Banana (F) Milk	Infants: Pears Scrambled Egg (Mt/MtAlt) Veggie Sausage Wheat English Muffin (WG) Oranges (F) Milk	Infants: Canned Apples Infants: Cheerios Rice Chex (WG) GF Waffles Pears (F) Milk
Lunch	Red Beans (Mt/MtAlt) & Brown Rice (WG) Carrots (Vg) Honeydew (F) GF Vegetarian Strips Vegan Chicken Tenders Milk	Turkey Ham & Swiss (Mt/MtAlt) Wheat Pitas (WG) Lettuce & Tomato (Vg) Infants: Tomato Pears (F) GF Nuggets Milk	Meatloaf (Mt/MtAlt) Wheat Roll (WG) Green Beans (Vg) Watermelon (F) Veggie Burger Milk	Grilled Chicken (Mt/MtAlt) Pasta w/ Marinara (WW) Shredded Mozzarella Peas (Vg) Apples (F) Infants: Canned Apples GF Pasta Vegan Chicken Tenders Milk	Pizza (WW) (Mt/MtAlt) Garden Salad (Vg) Infants: Steamed Carrots Peaches (F) GF Pizza Vegan Pizza Milk
Snack	Blueberry Muffin (WG) Peaches (F) GF Cookies	Berry Smoothie (F) Animal Crackers (WG) Infants: Applesauce Infants: Graham Crackers GF Animal Crackers	Crossaints (WG) Cheddar Cheese Slices (Mt/MtAlt) GF Cookies	String Cheese (Mt/MtAlt) Wheat Roll (WG) GF Pretzels	Bagel w/ cream cheese or Bread w/ soybutter (WG/Mt/MtAlt) GF Cookies

(WG) Whole Grain
(WW) Whole Wheat
(F) Fruit
(Vg) Vegetable
(Mt/MtAlt) Meat/Meat Alternate

Breakfast
 Milk
 Vegetable or Fruit
 Grain*
 max.

Lunch
 Milk
 Meat/Meat Alternate
 Vegetable
 Fruit
 Grain

Snack (Any 2)
 Milk
 Meat/Meat Alternate
 Vegetable
 Fruit
 Grain

Week 4-updated November 2018

Fisher Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Infants: Pears Infants: Cheerios Rice Chex (WG) GF Cereal Pears (F) Milk	Infants: Oatmeal Oatmeal (WG) GF Cereal Fruit Salad (F) Milk	Infants: Peaches Scrambled Eggs (Mt/MtAlt) Biscuits (WG) Peaches (F) Veggie Sausage Milk	Infants: Canned Apples Grilled Turkey Ham (Mt/MtAlt) English Muffin (WW) Veggie Sausage Watermelon (F) Milk	Infants: Applesauce Waffles (WG) GF Waffles Applesauce (F) Milk
Lunch	Grilled Cheese (Mt/MtAlt) on Bread (WW) Tomato Soup (Vg) Pears (F) Vegan Grilled Cheese Milk	Pasta (WW) Meatsauce (Mt/MtAlt) Roasted Zucchini (Vg) Oranges (F) Infants: Pears GF Pasta Vegan Meatballs Milk	Sloppy Joe (Mt/MtAlt) Bun (WW) Carrots (Vg) Applesauce (F) Vegetarian Sloppy Joe Milk	Bean and Cheese (Mt/MtAlt) Burritos w/ Tortilla (WW) Corn (Vg) Apples (F) Infants: Canned Apples Veggie Burger Vegan Burger Milk	Chicken Nuggets (Mt/MtAlt) Brown Rice (WG) Peas (Vg) Honey Dew (F) GF Nuggets Vegan Chicken Tenders Milk
Snack	String Cheese (Mt/MtAlt) Crackers (WW) GF Crackers	Hummus (Mt/MtAlt) Wheat Pita Bread (WG) GF Pretzels	Cranberry Muffin (WG) Banana (F) GF Cookies	Cucumbers Graham Crackers (WG) Infants: Bananas Ranch Dip GF Crackers	Cheese Sticks (Mt/MtAlt) Wheat Pita Bread (WG) GF Pretzels

(WG) Whole Grain
(WW) Whole Wheat
(F) Fruit
(Vg) Vegetable
Alternate

Breakfast
 Milk
 Vegetable or Fruit
 Grain*
 3x/week max.

Lunch
 Milk
 Meat/Meat Alternate
 Vegetable
 Fruit
 Grain

Snack (Any 2)
 Milk
 Meat/Meat Alternate
 Vegetable
 Fruit
 Grain