

A.B. Ellis Site: Fall/ Winter Menu

Day 1	Day2	Day3	Day4	Day 5	Day 6	Day 7	Day 8
Waffles Milk	Muffins Milk	Cereal Fruit Water	Toast Fruit Milk	Oatmeal Milk	English muffins Milk	Banana bread Milk	Apples Cheese Water
Pizza (chicken/ veggie) Ceasar Salad Cucumber	Shake and bake chicken Mashed potatoes Corn Bread	Pancakes/ French toast Sausages Corn Tomatoes	Macaroni & cheese Ham Garden salad Mixed veggies Bread	Spaghetti Meatballs Celery Garlic bread	Pork roast Gravy Potato wedges Peas Bread	Homemade soup Grilled cheese Pickles	Tomato beef Rice Cooked carrots Bread
Pudding Fruit Milk	Fruit Milk	Yogurt parfait Fruit Milk	Fruit Milk	Cookie Fruit Milk	Fruit Milk	Ice cream Fruit Milk	Fruit Milk
Pretzels Fruit Smoothie	Cereal bars Milk	Breadsticks Cheese Hummus Juice	Rice cakes Cream cheese Water	Bits'n bites Cheese Juice	Applesauce Arrowroot cookies Milk	Cheese Crackers Water	Graham crackers Fruit Milk