



From the Kitchen of the

Cent\$ible Nutrition Program



Fall Menu Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>B: Whole-grain cereal, fruit, milk</p> <p>L: Tuna Lettuce Wrap (417), fruit, yogurt</p> <p>D: White Chili (409), whole-grain bread, green salad, milk,</p>	<p>B: Homemade Granola (261), yogurt, dried fruit</p> <p>L: White Chili planover, fruit, sliced veggies, milk</p> <p>D: Taco Lasagna (396), green salad, milk</p>	<p>B: Whole-grain toast, fruit, milk</p> <p>L: Taco Lasagna planover, fruit, sliced veggies, milk</p> <p>D: Ginger Fish Stir Fry (375) with brown rice, milk</p>	<p>B: Homemade granola planover, milk, fruit</p> <p>L: Ginger Fish Stir Fry planover, fruit, yogurt</p> <p>D: Vegetable Beef Packet (381), Snappy Cole Slaw (190), milk</p>	<p>B: Whole-grain cereal, fruit, milk</p> <p>L: Sandwich (with protein, cheese, and veggies), yogurt, fruit</p> <p>D: White Pizza (276), green salad, milk</p>	<p>B: Pancakes (235), fruit, milk</p> <p>L: White Pizza planover, fruit, milk</p> <p>D: Palouse Soup (440), sliced veggies with hummus (450), milk, Fruit Pizza (156)</p>	<p>B: Pumpkin Bran Muffins (241), fruit, yogurt</p> <p>L: Omelet (426), fruit, sliced veggies, milk</p> <p>D: Lemon-Garlic Roasted Chicken (408), Orange-Honey Acorn Squash (186), milk</p>
<p>B: Pumpkin Bran Muffin planover, fruit, milk</p> <p>L: Lemon-Garlic Roasted Chicken planover, fruit, green salad, milk</p> <p>D: Vegetable Stir Fry (375) with brown rice, milk</p>	<p>B: Homemade Granola (261), fruit, milk</p> <p>L: Vegetable Stir Fry planover, yogurt</p> <p>D: Skillet Beef Stroganoff (400), Carrot and Fruit Slaw (163), milk</p>	<p>B: Homemade Granola (261), yogurt, dried fruit</p> <p>L: Skillet Beef Stroganoff planover, fruit, sliced veggies, milk</p> <p>D: Swedish Meatballs (392), green salad, milk</p>	<p>B: Whole-grain toast, fruit, milk</p> <p>L: Swedish Meatballs planover, fruit, green salad, milk</p> <p>D: Bean Soup (442), whole grain bread, sliced veggies, milk</p>	<p>B: Whole-grain cereal, milk, fruit</p> <p>L: Bean Soup planover, fruit, milk</p> <p>D: Mini Pizzas topped with protein and vegetables(388), Fruit Parfaits (334)</p>	<p>B: Banana Oatmeal, milk</p> <p>L: Sandwich (with protein, cheese, and veggies), yogurt</p> <p>D: Picnic Chicken (406), Mashed Sweet Potatoes (201), green salad, milk, Baked Apples (144)</p>	<p>B: Pumpkin Breakfast Cookies, fruit, milk</p> <p>L: Picnic Chicken planover, fruit, sliced veggies, yogurt</p> <p>D: Beef and Bean Burritos (394), green salad, milk</p>
<p>B: Pumpkin Breakfast Cookies planover, fruit, milk</p> <p>L: Beef and Bean Burrito planover, fruit, sliced veggies, milk</p> <p>D: Spaghetti and Meatballs (391), green salad, milk</p>	<p>B: Whole-grain cereal, fruit, milk</p> <p>L: Spaghetti and Meatballs planover, fruit, milk</p> <p>D: Tuna Garden Casserole (378), salad, milk</p>	<p>Pumpkin Bran Muffin planover, fruit, milk</p> <p>L: Tuna Lettuce Wrap (417), fruit, yogurt</p> <p>D: Palouse Soup (440), Snappy Cole Slaw (190), milk</p>	<p>B: Whole-grain toast, fruit, milk</p> <p>L: Palouse Soup planover, fruit, milk</p> <p>D: Chicken Surprise Packet (384), Snappy Cole Slaw planover, milk</p>	<p>B: Homemade granola planover, milk, fruit</p> <p>L: Sandwich (with protein, cheese, and veggies), yogurt, fruit</p> <p>D: Black Bean and Butternut Squash Stew (208), whole-grain bread, milk</p>	<p>B: Zucchini Bread (243), fruit, milk</p> <p>L: Black Bean and Butternut Squash Stew planover, fruit, milk</p> <p>D: Fish Tacos (423), Snappy Cole Slaw (190), milk, Crustless Pumpkin Pie (250)</p>	<p>B: Zucchini Bread planover, fruit, milk</p> <p>L: Fish Tacos planover, fruit, yogurt</p> <p>D: Italian Chicken and Vegetables Packet, milk</p>