



Autumn Menu Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Fiesta Egg Puff* Whole Wheat Toast (WGR) Milk	Banana Rama Breakfast* (WGR) Milk	Apple Snapple Oatmeal* (WGR) Milk	Oatmeal-Carrot Muffin (WGR) Banana Milk	Hocus Pocus Pancakes* (WGR) Applesauce Milk
Lunch					
	Beany Power Pita* (WGR) Carrot & Celery Sticks Applesauce Milk	Ole Chicken Tostada* (WGR) Roasted Broccoli & Cauliflower Crowns* Pear Rings Milk	English Muffin Vegetable Pizza* (WGR) Lovely Little Peas Peaches Milk	Scrumptious Chicken Drumsticks* Whole Wheat Roll (WGR) Green Beans Pineapple Milk	Lavish Lasagna* Spinach Salad Orange Smiles Milk
Snack					
	Cauliflower Popcorn* Milk	Whole Grain Crackers (WGR) Apple Slices	Hummus Dip Carrots	Cinnamon Toast (WGR) Warm-You Up Cider*	Peaches Yogurt



*Twist & Sprout Original Recipe

(WGR) = Whole Grain-Rich

Helpful Preparation Tips in Twist & Sprout Video Series "Save Time and Money in the Kitchen"





Autumn Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Veggie Pancakes* Milk	Super Fruity Salsa Whole Wheat Toast (WGR) Milk	Scrambled Eggs Whole Wheat Toast (WGR) Banana Milk	Hungry Bunny Muffin* String Cheese Grapes Milk	Gorgeous Granola* (WGR) Blueberries Milk
Lunch					
	Oven Sloppy Joes* Whole Wheat Bun (WGR) Spunky Spinach* Crazy Crinkle Carrots Milk	Little Bo Peep Pot Pie* (WGR) Jicama Sticks Watermelon Milk	Long Live Lemon Chicken* Whole Wheat Roll (WGR) Tiny Tasty Edamame Mandarin Oranges Milk	Rainbow Turkey Wrap* (WGR) Cheery Cherry Tomatoes Cucumber Slices Apple Rings Milk	Sweet Salmon* Brown Rice (WGR) Sugar Snap Peas Red Pepper Slices Milk
Snack					
	Apple Boats Milk	Roasted Chickpeas* Milk	Big League Black Bean Salsa* Whole Grain Tortilla Chips	Pumpkin Pie Dip* Pretzels	Clementine Pumpkins Raspberries Yogurt



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Autumn Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Peachy Parfait* (WGR) Milk	Whole Wheat Toast (WGR) Blueberries Milk	Poofy Puffy Pancake* (WGR) Plums Milk	Whole Grain Cereal (WGR) Scrambled Eggs Banana Milk	Awesome Oatmeal* (WGR) Fruit Topping Milk
Lunch					
	Tropical Turkey Meatloaf* Whole Wheat Roll (WGR) Groovy Green Beans Clever Cauliflower Milk	Super Italian Pasta* (WGR) Banana Milk	Pumped Up Red Pepper* (WGR) Zippy Cucumbers* Peaches Milk	Marvelous Hummus Sandwich*(WGR) Carrot Sticks Honeydew Melon Milk	Mighty Meatballs* Rock'n Ragu Sauce Whole Wheat Roll (WGR) Broccoli Crowns Mixed Fruit Milk
Snack					
	Roasted Apples Graham Crackers	Grand Pear Gondolas* Milk	Sassy Sweet Potato Fries Milk	Curry Yogurt Dip* Celery Sticks	Cheese Stick Apple Slices



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Autumn Week Four



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Green Machine Smoothie* Whole Grain Toast (WGR) Milk	Viva La Veggie Scrambler* Whole Wheat Tortilla (WGR) Milk	Perky Pancakes* (WGR) Orange Smiles Milk	Sunshine Muffin (WGR) Grapes Milk	Breakfast Burrito Swirls* (WGR) Apple Fans Milk
Lunch					
	Buddy Bows & Veggies* Spinach Salad Fruit Kabobs* Milk	Hearty Pot Roast* Whole Wheat Roll (WGR) Cantaloupe Milk	Pretzel Chicken* Whole Wheat Bread (WGR) Bionic Brussels Sprouts Peaches Milk	Tasty Turkey Tomato Bites* Brown Rice Pilaf (WGR) Tiny Tasty Edamame Milk	Silly Dilly Chicken Soup* Whole Grain Crackers Pineapple Milk
Snack					
	Whole Grain Crackers (WGR) Goofy Grapes	Monkey Ice* Milk	Pretzel Rods Sliced Plums	Blast Off Black Bean Dip* Carrot Sticks	Mini Trees String Cheese



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