

## 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 Popcom* >>> Milk	Whole Grain Crackers (WGR) Apple Slices	Hummus Dip Carrots	Cinnamon Toast (WGR) Warm-You Up Cider*	Peaches Yogurt

<sup>\*</sup>Twist & Sprout Original Recipe

(WGR) = Whole Grain-Rich

Melpful 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 Some 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* Substitution Salsa* Substitution Salsa* Substitution Salsa S	Pumpkin Pie Dip* >>> Pretzels	Clementine Pumpkins Raspberries Yogurt

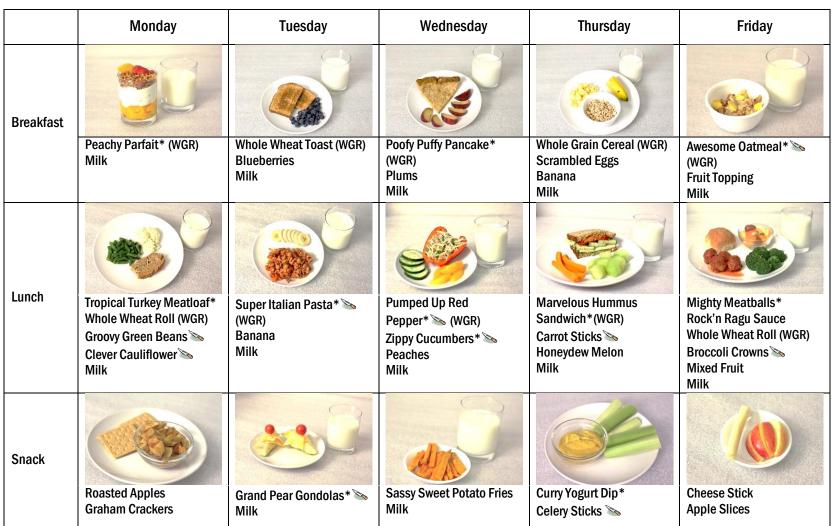
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## **Autumn Week Four**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Green Machine Smoothie* >>> Whole Grain Toast (WGR) Milk	Viva La Veggie Scrambler* Some Whole Wheat Tortilla (WGR) Milk	Perky Pancakes*(WGR) Orange Smiles Milk	Sunshine Muffin (WGR) Grapes Milk	Breakfast Burrito Swirls*(WGR) Apple Fans Some
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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