

The Phoenix School Fall / Winter Menu

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cream of Wheat	pancakes w/ honey	grits w/ cheese	raisin toast w/ cheese	zucchini muffins
	fresh pineapples	apples	fresh oranges	pears	bananas
	milk	milk	milk	milk	milk
KZ 's AM Snack	cheese & crackers	homemade trail mix	ants on a log	multigrain chips	fresh fruit
Lunch	pinto beans (v)	baked chicken	wheat spaghetti w/ tomato sauce (v)	taco pie w/ whole wheat crackers	Homemade chicken noodle soup or vegetable noodle soup
	brown rice	green beans w/ red potatoes			
			whole wheat rolls	mixed vegetables	
	broccoli		cooked carrots		Cornbread
	fresh oranges	pears	apples	fresh pineapples	mixed fruit
	milk	milk	milk	milk	milk
PM Snack		fruit & organic yogurt smoothie	homemade trail mix	fresh oranges	graham crackers
	Triscuits				
	string cheese			animal crackers	organic yogurt

(V) indicates vegetarian. Meals and snacks are prepared free of nuts. 1. Phoenix School reserves the right to make minor changes to the menu on an as needed basis. Notifications may not always be possible in a timely manner. However, please know that we will only continue to feed the students items which we normally feed them...no new items will be introduced. 2. If your child has specific food allergy or sensitivity, please feel free to send in a substitute item that day. The Phoenix School cannot be responsible for finding substitute meals/items.