



# Winter Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Crazy Corn Cakes* (WGR) Fruit Milk	Super Power Oatmeal* (WGR) Hard Boiled Egg Blueberries Milk	Whole Wheat English Muffins (WGR) Nutty Nut Butter Orange Smiles 🍷 Milk	Whole Wheat Toast (WGR) Banana Milk	Eggerific Muffin Sandwich* 🍷 (WGR) Apple Wedges Milk
Lunch					
	Pizzaz Pocket Pizza* 🍷 (WGR) Green Pepper Squares Banana Wheels Milk	Aloha Tuna Melt* (WGR) Chiminy Chili Carrots* 🍷 Milk	Cheesy Butternut Mac* Broccoli Trees 🍷 Pears Milk	Chill'n Chili* Whole Grain Crackers (WGR) Honey Dew Drops 🍷 Milk	Lota Veggie Turkey Sammie* 🍷 (WGR) Groovy Green Beans Peaches Milk
Snack					
	Whole Grain Crackers (WGR) Grapes	Apple Wedges 🍷 Milk	Stuffed Celery* Milk	Peaches Yogurt	Winter King's Cottage Cheese* Carrot Spears 🍷



\*Twist & Sprout Original Recipe

(WGR) = Whole Grain-Rich

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





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Breakfast					
	Superstar Breakfast* Milk	Creamy Apple Wrap* (WGR) Milk	Big Dipper Parfait* (WGR) Milk	Morning Fun Muffin* (WGR) String Cheese Milk	Scrambled Eggs Whole Grain Cereal (WGR) Banana Milk
Lunch					
	Cheesy Chicken Quesadilla* (WGR) Cauliflower Clouds Mandarin Bursts Milk	Sassy Salmon* Awesome Asian Rice* (WGR) Lovely Little Peas Peppy Pineapple Milk	Fun Frijole Wrap* (WGR) Broccoli Trees Apple Cubes Milk	Chicken Tango Triangles* (WGR) Spinach Salad Orange Wedges Milk	Mighty Meatloaf* Whole Wheat Roll (WGR) Amazing Acorn Squash* Cantaloupe Bites Milk
Snack					
	Apple Boats Milk	Hummus Bell Pepper Strips	All Star Snack* Milk	Cheese Crispies* (WGR) Milk	Bunny Juice* Whole Grain Crackers (WGR)



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Breakfast					
	Fruity Toast* (WGR) Milk	Berry Blueberry Muffins* (WGR) Blueberries Milk	Broccoli Mini Bake* Whole Wheat Toast (WGR) Clementines Milk	Apple Pancakes* (WGR) Hard Boiled Egg Milk	Whole Grain Bagel (WGR) Nut Butter Curried Peachy Pears* Milk
Lunch					
	Beany Pizza Patties* Whole Wheat Bun (WGR) Spinach Salad 🥄 Apple Slices 🥄 Milk	Chicken Bites* 🥄 Whole Wheat Roll (WGR) Tangy Sweet Potatoes* 🥄 Groovy Grapes Milk	Potato Vegetable Chowder* Cracker Stackers* (WGR) Banana Milk	Lovable Lentils* 🥄 Whole Wheat Roll (WGR) Broccoli Crowns Pineapple Triangles Milk	Teriyaki Chicken* 🥄 Savory Brown Rice* 🥄 (WGR) Carrot Sticks Green Pepper Strips Milk
Snack					
	Turkey Roll-Ups*	Tomato Bruschetta*	Baking Powder Biscuits (WGR) Pears	Tomato Treats* 🥄	Cranberry Apple Salad* 🥄 Milk



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# Winter Week Four



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Breakfast					
	Sunshine Scrambler* Whole Wheat Toast (WGR) Mandarin Oranges Milk	Mexican Migas* Banana Milk	Goldilocks Porridge* Blueberries Milk	Cranberry-Sweet Potato Muffins* (WGR) Pineapple Triangles Milk	Zesty Breakfast Wrap* (WGR) Milk
Lunch					
	Tasty Tomato-Basil Pasta* (WGR) Cucumber Wheels Bananas Milk	Wonderful Winter Soup* Whole Wheat Roll (WGR) Peaches Milk	Pizza Wheels* (WGR) Broccoli Trees Apple Wedges Milk	Chicken Caesar Wrap* (WGR) Carrot Spears Great Grapes Milk	Oven Beef Stew* Whole Grain Crackers (WGR) Orange Smiles Milk
Snack					
	Apple-Rice Delight*	Blizzard Fruit Mix* Milk	Crispy Carrot Coleslaw* Milk	Rosy Mozzarella Bites* (WGR) Milk	Spinach Boats*



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