

THE TASTE OF FALL & GERMANY

OCTOBER

BAMBINICREATIVI



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	S: Pumpkin Spice Muffins L: Lentils w/ Rice & Carrots S: Apple slices	S: Apple Crumble Muffins L: Pasta w/ Squash & Parmesan Cheese S: Pear Slices	S: Pumpkin Chocolate Chip Muffins L: Oven Roasted Chicken & Rice w/ a Beet Salad S: Apple slices	S: Apple Crumble Muffins L: Ground Turkey Tacos S: Pear Slices
TUE	S: Fall Harvest Granola L: Bean & Cheese Burritos w/ Green Salad S: Cucumbers Slices	S: Oatmeal w/ Cranberries L: Bell Pepper & Tomato Spanish Rice w/ Ground Turkey S: Fig Bar	S: Fall Harvest Granola L: White Bean Kale Sausage S: Cucumbers Slices	S: Oatmeal w/ Cranberries L: Creamy Chicken Taco soup S: Fig Bar
WED GERMANY	S: Oatmeal w/ Brown Sugar L: Jager Schnitzel Tenders & German Potato Salad S: Veggie Straws	S: Cheese Stick L: German Sausage w/ Brussel Sprouts & Potatoes S: Seasonal Fruit Leather	S: Oatmeal w/ Brown Sugar L: Spatzle w/ Swiss Cheese & Green Peas S: Veggie Straws	S: Cheese Stick L: German Pretzel w/ Cheese & Fruit S: Seasonal Fruit Leather
THU	S: Honey & Oat Cereal L: Pumpkin Kefir Pancakes & Turkey Sausage S: Fall Trail Mix	S: Frozen Yogurt Bark L: Cauliflower Casserole w/ Ground Turkey S: Cheese & Crackers	S: Honey & Oat Cereal L: Carrot Mac & Cheese S: Fall Trail Mix	S: Frozen Yogurt Bark L: Italian sausage Spinach white Bean Soup S: Cheese & Crackers
FRI	S: Pear Yogurt Parfait L: Ground Turkey & Rice Casserole S: Clementines	S: Apple Sauce L: Fall Harvest Bean Stew & Toast S: Carrot Sticks	S: Pear Yogurt Parfait L: Turkey & Sweet Potato Skillet S: Clementines	S: Apple Sauce L: Lentil & vegetable stir fry S: Carrot Sticks

