

WEEK ONE

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Peaches Milk	Blueberry Muffins Bananas Milk	Egg Patty Eng. Muffin Oranges Milk	Pancakes Cantaloupe Milk	Oatmeal WG Toast Blueberries Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	BBQ Chicken BBQ Soy Sand. Peas Pineapple Hamb. Bun Milk	Black Bean, Rice, and Cheese Burritos Corn Watermelon W.G. Tortilla Milk	Beef Stroganoff Tofu Stroganoff Zucchini Slices Apples Egg Noodles Milk	Turkey Sandwich Hummus Sandwich Carrots Kiwi W.G. Bread Milk	Cheesy Ham Hash Browns Cheesy Hash Browns Broccoli Mixed Fruit Dinner Roll Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Cucumbers w/ Ranch W.G. Crackers Water	Mangos Milk	Triscuits Cheese Slices Water	Yogurt Graham Crackers Water	Cook's Choice Milk

WEEK TWO

Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Plums Milk	W. G. Biscuits Strawberries Milk	W.G. Waffles Oranges Milk	Scrambled Eggs Apricots or Peaches Milk	Oatmeal WG Toast Raspberries Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day5
	Chicken Fajitas Bean Fajitas Corn on Cob Mango W.G. Tortilla Milk	Meatball Subs Meatless Meatballs Italian Blend Cantaloupe Hoagie Bun Milk	Turkey Wraps Hummus Wraps Cucumbers Pineapple Tomato Tortillas Milk	Pesto Pasta w/ Mozz. Cheese Grape Tomatoes Watermelon W.G. Penne Milk	Chicken Patty Sandwich Veg. Burger Asparagus Fruit Cocktail Hamb. Bun Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Cott. Cheese Peaches Water	Sugar Snap Peas Cheese Cubes Water	Goldfish Crackers Milk	Applesauce Cin. Raisin Bread Water	Cooks Choice Milk

WEEK THREE

Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Peaches Milk	Bagels Honey Dew Melon Milk	Spinach and Cheese Egg Bake Raspberries Milk	W.G. French Toast Sticks Peaches or Apricots Milk	Oatmeal WG Toast Mixed Fruit Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	Cheeseburgers Veggie Burgers Potato Smiles Apples Hamb. Buns Milk	Rotini w/ Spaghetti Sauce and Cheese Zucchini Slices Pears W.G. Rotini Milk	Teriyaki Chicken Teriyaki Tofu Asian Blend Veg. Pineapple Brown Rice Milk	Baked Potato w/ Ham and Cheese Broccoli Bananas Bread Sticks Milk	Beef Tacos Bean Tacos Corn Applesauce WG tortilla Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Bruschetta Milk	Carrots Hummus Water	Watermelon Graham Crackers Water	Ritz Crackers Cheese Sticks Water	Cooks Choice Milk

WEEK FOUR

Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Bananas Milk	Cin. Raisin Toast Apples Milk	Croissants Tropical Fruit Milk	Banana Muffin Blueberries Milk	Oatmeal WG Toast Strawberries Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	Baked Chicken Baked Tofu Peas Cantaloupe Rotini w/ Butter and Parm. Cheese Milk	Beef Sloppy Joes Meatless Joes Diced Sweet Potatoes Watermelon Hamb. Buns Milk	Chef's Salad w/ Ham, Eggs, and Cheese Cucumbers Bananas Breadsticks Milk	Tuna Melts Veg. Burger Green Beans Peaches French Bread Milk	Butter Chicken Chic Peas w/ Sauce Cauliflower Mangos Brown Rice Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Yogurt Blueberries Water	Hard Boiled Eggs W.G. Toast Water	Cheddar Sunchips Ritz Crackers Milk	W.G. Crackers Orange Wedges Water	Cook's Choice Milk

WEEK FIVE

Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Plums Milk	Greek Yogurt Granola Raspberries Milk	W.G. Toast Hard Boiled Eggs Bananas Milk	W.G. Waffles Blueberries Milk	Oatmeal WG Toast Peaches Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	Mac and Cheese Lima Beans Watermelon Elbow Noodles Milk	Beef Brisket Meatless Meatball California Blend Peaches Hoagie Bun Milk	Cheesy Enchiladas Black Beans Mixed Fruit W.G. Tortilla Milk	Sweet and Sour Chicken S.S. Tofu Stir Fry Blend Plums Brown Rice Milk	Cheese Pizza Italian Blend Cantaloupe Pita Bread/ Eng. Muffins Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Red and Green Peppers Hummus Water	Tortilla Chips Ritz Crackers Salsa Water	Soft Pretzels Milk	Grape Tomatoes Black Olives Cheese Sticks Water	Cooks Choice Milk