

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Pears Milk	Oat Bran Muffin Banana Milk	Apple Cinnamon Scone Blackberries Milk	Oatmeal Peaches Milk	Hard boiled eggs Toast Fruit Cocktail Milk
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Apricots Milk	Pancakes Plums Milk	Blueberry Bagel Applesauce Milk	Oatmeal Pineapple Milk	French Toast Sticks Kiwi Milk
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Oranges Milk	English Muffin Cantaloupe Milk	Cold Cereal Plums Milk	Oatmeal Mixed Fruit Milk	WG Biscuit Mango Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Tropical Fruit Milk	Banana Bread Raspberries or Applesauce Milk	Croissant Pears Milk	Oatmeal Blueberries Milk	WG Toast Hard-boiled egg Cantaloupe Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Applesauce Milk	Cinnamon Raisin Toast Pineapple Milk	Blueberry Muffin Peaches Milk	Oatmeal Banana Milk	Bagel Honeydew Melon Milk

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Cheese Pizza on Pita Bread or English Muffin Zucchini Peaches Milk	Scrambled Eggs w/ Sausage Vegetarian Sausage Peas Oranges Milk Whole Grain Tortilla	Chicken Salad Croissants Hummus Cucumbers Apples or Applesauce Milk	Beef Lasagna Cheese Lasagna Corn Kiwi Milk	Black Bean Quesadilla Catalina Blend Tropical Fruit Milk Whole Grain Tortilla
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Macaroni and Cheese w/ Whole Grain Pasta Peas Blueberries Milk	Turkey Wrap on Tomato Tortilla Hummus Wrap Carrots Mixed Fruit Milk	Chicken Enchilada Cheese Enchilada Black beans Banana Milk WG Tortilla	Sloppy Joe on Whole Grain Bun Vegetable Burger Chuckwagon Blend Watermelon Milk	Chicken Pesto Pasta w/ Whole Grain Pasta Cheese Pesto Pasta w/ Whole Grain Pasta Summer Squash Apricots Milk
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Chicken Breast Soy Nugget Beets Honey Dew Melon Milk WG Roll	Turkey Sandwich on Whole Grain Bread Hummus Green Beans Blueberries or Raspberries Milk	Chef Salad w/ Ham, Egg, Cheese Cucumbers Banana Milk	Turkey Meatball Sub on Whole Grain Hoagie Black Bean Burger Italian Blend Pears Milk	Beef Tacos on Whole Grain Tortilla Bean Tacos on Whole Grain Tortilla Corn Apples or Applesauce Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Cheeseburger Vegetable Burger Sweet Potatoes Kiwi Milk WG Bun	Tuna Melt on French Bread Soy nuggets Scandinavian Blend Watermelon Milk	Chicken Alfredo w/ Whole Grain Pasta Cheese Alfredo w/ Whole Grain Pasta Asparagus Apricots Milk	Baked Potatoes w/ Ham, Cheese, Sour Cream Broccoli Pineapple Milk Breadstick	Chicken Fajitas w/ Whole Grain Tortilla Bean Tacos on Whole Grain Tortilla Corn Mango Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	Bean and Cheese Burrito on Whole Grain Tortilla Catalina Blend Watermelon Milk	Egg Salad Sandwich on Whole Grain Bread Cucumbers Cantaloupe Milk	BBQ Chicken on Whole Grain Bun Soy Nuggets Potato Smiles Blueberries Milk	Black Bean Quinoa Wrap Corn on the Cob Mixed Fruit Milk WG Tortilla	Cheesy Ham Hash brown Casserole Carrots Kiwi Milk WG Roll

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Yogurt Graham Crackers Water	Soft Pretzels Milk	Fruit & Grain Mix Milk	Strawberries or Peaches Cheerios Water	Cooks Choice Milk
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Apples Cheese Slices Water	Goldfish Crackers Milk	Pita Bread Hummus Water	Sugar Snap Peas Milk	Banana Cheerios Water
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Carrots Hummus Water	Graham Crackers Milk	Yogurt Granola Water	Guacamole WG Tortilla Chips or Crackers Water	Cooks Choice Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Bagels Cream Cheese Milk	Black Bean Salsa WG Tortilla Chips or Crackers Water	Cheese Stick Saltine Crackers Water	Cucumber, Turkey and Cheese Bites Water	Plums Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	Nutrigrain Bar Banana Water	Ranch Crackers Milk	Triscuit crackers Cheese Water	Peaches Milk	Cooks Choice Milk