

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Pears Milk	Scone Peaches Milk	Toast Bananas Milk	Oatmeal Apricots Milk	Cinnamon Raisin Bread Mango Milk
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Apricots Milk	French Toast Sticks Applesauce Milk	Biscuit Tropical Fruit Milk	Oatmeal Cantaloupe Milk	Bagel Kiwi Milk
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Peaches Milk	Pancakes Blueberries Milk	English Muffins Bananas Milk	Oatmeal Apricots Milk	Banana Bread Applesauce Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Pears Milk	Toast Cantaloupe Milk Hard Boiled Egg	Cold Cereal Tropical Fruit Milk	Oatmeal Bananas Milk	Blueberry Muffin Oranges Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Apricots Milk	Oat Bran Muffins Blueberries Milk	Bagel Peaches Milk	Oatmeal Fruit Cocktail Milk	Croissants Pineapple Milk

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Cheeseburger on WG Bun	Chicken & Noodles	Cheesy Broccoli Casserole w/ Brown Rice	Baked Potato	Chili w/ Beef
	Vegetable Burger	Bean and Noodles		Toppings: Ham, cheese, sour cream	Chili w/ Beans
	Catalina Blend Vegetables	Whipped Squash	Carrots	Broccoli	Corn
	Fruit Cocktail Milk	Blueberries Milk	Apples or Applesauce Milk	Pineapple Milk Bread Stick	Pears Milk Cornbread
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Turkey Sandwich on WG Bread	Tuna Melt on French Bread	Beef Noodles	Grilled Cheese w/ Whole Wheat Bread	Beef Tacos w/ Whole Grain Tortilla
	Hummus on WG Bread	Vegetable Burger	Bean & Noodles		Bean Tacos
	Blueberries	Tuscan Blend	Mixed Vegetables	Tomato Soup	Chuckwagon Blend Vegetables
	Sweet Potatoes Milk	Peaches Milk	Pears Milk	Banana Milk	Apples or Applesauce Milk
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Cheese Pizza on Pita Bread or English Muffin	Chicken Sandwich on Whole Grain Bun	Sloppy Joe on Whole Grain Bun	Black Bean Quesadilla on Whole Grain Tortilla	Beef Tater Tot Cass.
	Winter Blend Vegetables	Vegetable Burger	Soy Nuggets		Cheesy Tot Cass.
	Tropical Fruit	Scandinavian Blend	Asparagus	Catalina Blend	Sweet Potatoes
	Milk	Oranges Milk	Mangos Milk	Mixed Fruit Milk	Bananas Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Macaroni and Cheese w/ Whole Grain Pasta	Chicken Fajita	Cheesy Ham & Hashbrown Casserole	Pot Roast	Turkey Pot Pie w/ WG Biscuit
		Bean Taco	Cheesy Hashbrown Casserole	Vegetable Burger	Veggie Pot pie w/ WG Biscuit
	Beets	Corn	Peas	Mashed Potatoes	Italian Blend
	Fruit Cocktail Milk	Apples or Applesauce Milk WG Tortilla	Pineapple Milk Whole Grain Roll	Peaches Milk Whole Grain Roll	Kiwi Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	Turkey Meatball Sub on Whole Grain Hoagie	Bean Burrito on Whole Grain Tortilla	Beef Lasagna	Sausage, Egg and Cheese on Whole Grain Biscuit	Chicken Enchiladas w/ Whole Grain Tortillas
			Cheese Lasagna	Soy Sausage	Cheese Enchiladas
	Vegetable Burger	Carrots	Cauliflower	Peas	Black Beans
	Monaco Blend	Fruit Cocktail	Bananas	Oranges	Apples or Applesauce
Tropical Fruit Milk	Milk	Milk	Milk	Milk	

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Hummus Pita Bread Water	Clementine Graham Crackers Water	Bagels Milk	Fruit & Grain Mix Milk	Crystal's Choice Milk
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Banana Milk	Animal Crackers Milk	Soft Pretzels Milk	Carrots Milk	Crystal's Choice Water
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Yogurt Homemade Granola Water	Ranch Crackers Milk	Hard boiled Egg Toast Water	Pears Milk	Cheese Crackers Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Turkey Cheese Milk	Yogurt Graham Crackers Milk	Black Bean Salsa Chips/Crackers Water	Apples Cheese Slices Water	Crystal's Choice Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	Cottage Cheese Peaches Water	Goldfish Crackers Milk	Mango Triscuits Water	Fruit Bar Milk	Broccoli Dill Dip Milk