## Week 1

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
</table>
| **Breakfast** | Cold Cereal  
Cantaloupe  
Banana  
Milk | Pumpkin Muffin  
Banana  
Milk | Croissant  
Peaches  
Milk | WG Biscuit  
Applesauce  
Milk | Oatmeal  
WG Toast  
Blueberries  
Milk |
| **Lunch** | Bean and Cheese  
Burrito  
Corn  
Peaches  
WG Tortilla  
Milk | Beef Stroganoff  
made W/WG  
Noodle  
Vegetarian  
Stroganoff  
Green Beans  
Apples  
Milk | Chicken Breast  
Soy Nuggets  
Tuscan Blend  
Cantaloupe  
WG Roll  
Milk | Tuna Melts on  
French Bread  
Vegetarian  
Country Blend  
Banana  
Milk | Cheesy Broccoli  
Brown Rice  
Casserole  
Carrots  
Kiwi  
Milk |
| **Snack** | Harvest Cheddar  
Sun Chips or Ritz  
Crackers  
Milk | Pears  
Graham Crackers  
Water | Yogurt  
Blueberries  
Milk | Bagel  
Milk | Mandarin  
Oranges  
Milk |
## Week 2

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Cold Cereal Mixed Fruit Milk</td>
<td>WG Toast Hard Boiled Egg Clementine Milk</td>
<td>Scrambled Eggs Kiwi Milk</td>
<td>WG Waffles Mixed Fruit Milk</td>
<td>Oatmeal WG Toast Pineapple Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Cheese Pizza on a WG Eng. Muffin Cauliflower Mango Milk</td>
<td>Cheeseburger Veggie Burger Sweet Potatoes Peaches Hamburger Bun Milk</td>
<td>Black Bean and Cheese Quesadillas Corn Pears WG Tortilla Milk</td>
<td>Baked Potato w/Ham and Cheese Broccoli Apples Breadsticks Milk</td>
<td>Mac and Cheese made with WG Noodles Beets Pears Milk</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Bananas Cheerios Water</td>
<td>Tortilla Chips or Ritz Guacamole Water</td>
<td>Ranch Crackers Milk</td>
<td>Cottage Cheese Peaches Water</td>
<td>Bagels Milk</td>
</tr>
</tbody>
</table>
### Week 3

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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Cold Cereal Pears Milk</td>
<td>WG English Muffins Peaches Milk</td>
<td>French Toast Sticks Bananas Milk</td>
<td>Spinach and Feta Cheese Egg Bake Fruit Cocktail Milk</td>
<td>Oatmeal WG Toast Mango Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Chicken Fajitas Bean Fajitas Corn Kiwi WG Tortilla Milk</td>
<td>Cheesy Ham Hash Browns Cheesy Hash Browns Carrots Pineapple WG Roll Milk</td>
<td>Sloppy Joe on Bun Meatless Joe Brussel Sprouts Mixed Fruit Milk</td>
<td>Turkey and Cheese Sandwich Hummus Sand. Beets Apples WG Bread Milk</td>
<td>WG Rotini w/ Marinara Sauce and Mozzarella Cheese Green Beans Pears Milk</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Cinnamon Raisin Bread Milk</td>
<td>Apples Cheese Cubes Water</td>
<td>WG Crackers Milk</td>
<td>Black Bean Pico Tortillas Chips/Ritz Water</td>
<td>Fresh Broccoli Florets Ranch Milk</td>
</tr>
</tbody>
</table>
## Week 4

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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Cold Cereal Pineapple Milk</td>
<td>Bagel Pear Milk</td>
<td>Blueberry Muffin Kiwi Milk</td>
<td>Cinnamon Raisin Toast Tropical Fruit Milk</td>
<td>Oatmeal WG Toast Mixed Fruit Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Chicken and Noodles Plant Based Strips and Noodles Peas Peaches Milk</td>
<td>Sliced Turkey Baked Tofu Mashed Potatoes Turkey Gravy Banana WG Roll Milk</td>
<td>Meatball Sub on Hoagie Bun Plant Based Meatless Sub Italian Blend Vegetables Fruit Cocktail Milk</td>
<td>Beef Taco Bean Taco Chuckwagon Blend Vegetables Bananas WG Tortilla Milk</td>
<td>Beef Stew Vegetable Stew w/Beans Diced Butternut Squash Oranges WG Biscuit Milk</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Hard Boiled Egg WG Toast Water</td>
<td>Clementine Sweet Potato Crackers Water</td>
<td>Triscuits or WG Crackers Mangos Water</td>
<td>Carrots Hummus Milk</td>
<td>WG English Muffin Milk</td>
</tr>
</tbody>
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# Week 5

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</table>
| **Breakfast** | Cold Cereal  
Banana  
Milk | WG Toast  
Peaches  
Milk | WG Pancakes  
Clementine  
Milk | Yogurt  
Plain Cheerios  
Bananas  
Milk | Oatmeal  
WG Toast  
Kiwi  
Milk |
| **Lunch** | Chicken over a  
WG Biscuit  
Veggie Stew  
w/Beans over  
WG Biscuit  
Green Beans  
Tropical Fruit  
Milk | Cheese Tortellini in  
Alfredo Sauce w/  
Mozzarella Cheese  
Italian Blend  
Vegetables  
Strawberries  
Milk | Teriyaki Chicken  
Teriyaki Tofu  
Stir Fry Blend  
Vegetables  
Kiwi  
Brown Rice  
Milk | Cheese  
Enchilada made w/WG Tortilla  
Black Beans  
Apples  
Milk | BBQ Chicken on  
Bun  
Soy Nuggets  
Peas  
Pineapple  
Milk |
| **Snack** | Soft Pretzel  
Milk | Pears  
Sliced Cheddar  
Cheese  
Water | Bruschetta w/  
Parm. Cheese on  
French Bread  
Milk | Cinnamon  
Raisin Bread  
Milk | Cheese Sticks  
Saltines  
Water |