

# Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Cold Cereal Cantaloupe 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 Veggie Burger 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

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Cold Cereal Mixed Fruit Milk	WG Toast Hard Boiled Egg Clementine Milk	Scrambled Eggs Kiwi Milk	WG Waffles Mixed Fruit Milk	Oatmeal WG Toast Pineapple Milk
Lunch	Cheese Pizza on a WG Eng. Muffin Cauliflower Mango Milk	Cheeseburger Veggie Burger Sweet Potatoes Peaches Hamburger Bun Milk	Black Bean and Cheese Quesadillas Corn Pears WG Tortilla Milk	Baked Potato w/Ham and Cheese Broccoli Apples Breadsticks Milk	Mac and Cheese made with WG Noodles Beets Pears Milk
Snack	Bananas Cheerios Water	Tortilla Chips or Ritz Guacamole Water	Ranch Crackers Milk	Cottage Cheese Peaches Water	Bagels Milk

## Week 3

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	Cold Cereal Pears Milk	WG English Muffins Peaches Milk	French Toast Sticks Bananas Milk	Spinach and Feta Cheese Egg Bake Fruit Cocktail Milk	Oatmeal WG Toast Mango Milk
<b>Lunch</b>	Chicken Fajitas Bean Fajitas Corn Kiwi WG Tortilla Milk	Cheesy Ham Hash Browns Cheesy Hash Browns Carrots Pineapple WG Roll Milk	Sloppy Joe on Bun Meatless Joe Brussel Sprouts Mixed Fruit Milk	Turkey and Cheese Sandwich Hummus Sand. Beets Apples WG Bread Milk	WG Rotini w/ Marinara Sauce and Mozzarella Cheese Green Beans Pears Milk
<b>Snack</b>	Cinnamon Raisin Bread Milk	Apples Cheese Cubes Water	WG Crackers Milk	Black Bean Pico Tortillas Chips/Ritz Water	Fresh Broccoli Florets Ranch Milk

## Week 4

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Cold Cereal Pineapple Milk	Bagel Pear Milk	Blueberry Muffin Kiwi Milk	Cinnamon Raisin Toast Tropical Fruit Milk	Oatmeal WG Toast Mixed Fruit Milk
Lunch	Chicken and Noodles Plant Based Strips and Noodles Peas Peaches Milk	Sliced Turkey Baked Tofu Mashed Potatoes Turkey Gravy Banana WG Roll Milk	Meatball Sub on Hoagie Bun Plant Based Meatless Sub Italian Blend Vegetables Fruit Cocktail Milk	Beef Taco Bean Taco Chuckwagon Blend Vegetables Bananas WG Tortilla Milk	Beef Stew Vegetable Stew w/Beans Diced Butternut Squash Oranges WG Biscuit Milk
Snack	Hard Boiled Egg WG Toast Water	Clementine Sweet Potato Crackers Water	Triscuits or WG Crackers Mangos Water	Carrots Hummus Milk	WG English Muffin Milk

## Week 5

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	Cold Cereal Banana Milk	WG Toast Peaches Milk	WG Pancakes Clementine Milk	Yogurt Plain Cheerios Bananas Milk	Oatmeal WG Toast Kiwi Milk
<b>Lunch</b>	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
<b>Snack</b>	Soft Pretzel Milk	Pears Sliced Cheddar Cheese Water	Bruschetta w/ Parm. Cheese on French Bread Milk	Cinnamon Raisin Bread Milk	Cheese Sticks Saltines Water