

WEEK ONE

Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Peaches Milk	Pancakes Cantaloupe Milk	Cinnamon Raisin Toast Pears Milk	Hard-boiled egg French bread Oranges Milk	Oatmeal WG Toast Honeydew melon Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	Chicken Breast Soy nuggets Zucchini Watermelon WG Roll Milk	Macaroni & Cheese Lima Beans Apples Milk	Turkey Meatball Sub Veggie Burger Carrots Blueberries WG Hoagie Milk	Baked Potato w/ Ham & Cheese Broccoli Banana Breadstick Milk	Beef Lasagna Cheese Lasagna Tuscan blend Mango Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Tortilla Chips Crackers Guacamole Milk	Cherry tomatoes Cucumbers Dill Dip Water	Bagels Milk	Goldfish Crackers Milk	Cook's Choice Milk

WEEK TWO

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Plums Milk	Waffles Blueberries Milk	Bagels Watermelon Milk	Egg Bake Apricots Milk	Oatmeal WG Toast Pears Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	BBQ Chicken Soy nuggets Peas Apples WG Bun Milk	Chef Salad w/ Ham, Eggs and Cheese Cucumbers Cantaloupe Breadstick Milk	Sweet and Sour Chicken Tofu Stir-fry blend Banana Brown rice Milk	Rotini w/ Marinara and Cheese Cauliflower Tropical fruit Milk	Black Bean & Cheese Quesadilla Green Beans Raspberries Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Sunchips Crackers Milk	Ranch Crackers Milk	Yogurt Animal Crackers Water	Carrots Hummus Water	Cooks Choice Milk

WEEK THREE

Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Apricots Milk	Croissants Banana Milk	Banana Bread Pineapple Milk	Scrambled Eggs Oranges Milk	Oatmeal WG Toast Raspberries Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	Cheese Pizza Zucchini Tropical Fruit Pita Bread Milk	Cheesy Ham Hash browns Cheesy Hash browns Beets Mixed Fruit WG Roll Milk	Lemon Garlic Chicken Beans Pita Bread Tzatzikik Sauce Cherry tomatoes Apples Milk	Turkey Sandwich Hummus Sandwich Peas Peaches WG Bread Milk	Beef Tacos Bean Tacos Catalina Blend Mango WG tortilla Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Applesauce Graham Crackers Water	Hard-boiled egg Toast Water	Triscuits Sugar snap peas Water	Fruit & Grain Mix Milk	Cooks Choice Milk

WEEK FOUR

Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Peaches Milk	French Toast Sticks Pears Milk	Yogurt Granola Honeydew melon Milk	Egg Patty & Cheese English Muffin Pineapple Milk	Oatmeal WG Toast Plums Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	Ham & Cheese on Croissant Hummus & Cheese on Croissant Cucumbers Blueberries Milk	Bean & Cheese burritos Corn Mixed Fruit WG tortilla Milk	Mediterranean Wrap Cherry tomatoes Banana Pita Bread Milk	Pesto Pasta w/ Chicken Pesto Pasta w/ Cheese Carrots Raspberries Milk	Sloppy Joes Veggie Burger Sugar snap peas Cantaloupe WG Bun Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Cinnamon Raisin Toast Milk	String Cheese Ritz Crackers Water	Cottage Cheese Peaches Water	Watermelon Milk	Tortilla chips Crackers Black bean salsa Water

WEEK FIVE

Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Mango Milk	Biscuit Kiwi Milk	Blueberry Muffin Banana Milk	Scrambled Eggs Cantaloupe Milk	Oatmeal WG Toast Peaches Milk
Lunch	Day 1	Day 2	Day 3	Day 4	Day 5
	Chicken fajitas Bean fajitas Corn Peaches WG Tortilla Milk	Cheeseburger Veggie Burger Potato Smiles Watermelon WG Bun Milk	Red beans & Rice Antigua Blend Plums Milk	Turkey Wrap Hummus Wrap Cucumbers Pineapple Tomato Tortilla Milk	French Dip Veggie burger Asparagus Banana WG Hoagie Milk
Snack	Day 1	Day 2	Day 3	Day 4	Day 5
	Soft Pretzels Milk	Strawberries or blueberries Milk	Apples Milk	Triscuits Cheese Cubes Water	Cooks Choice Milk