

WEEK 1

	Breakfast	Lunch	Snack
Monday	Oatmeal (WG) Strawberries Milk	Turkey Sandwich Grain: Bread Romaine Salad Peaches Milk	Cheese Stick Celery Water
Tuesday	Scrambled Eggs Sweet Potato Hash Browns Milk	Hummus Stuffed Pitas (WG) Peas Pineapple Milk	Trail Mix 100% Vegetable Juice
Wednesday	Bagel with Cream Cheese Banana Milk	Baked Chicken Brown Rice (WG) Green Beans Mango Milk	Ham/Tortilla Roll-up (WG) Water
Thursday	Apples Peanut Butter Milk	Macaroni and Cheese (WG) Carrots Blueberries Milk	Salsa Tortilla Chips Water
Friday	Waffle (WG)with yogurt topping Honeydew Milk	Tacos – Beef with Soft Shell Yellow Squash Tangerines Milk	Club Crackers Edamame Water

WEEK 2

	Breakfast	Lunch	Snack
Monday	Biscuit Orange slices Milk	Chicken Fettuccine Alfredo Asparagus Nectarine Milk	Baked oatmeal squares (WG) 100% Fruit Juice
Tuesday	Sausage Patties Pear Milk	Egg Salad Sandwich (WG) Grain: Bread Broccoli Cantaloupe Milk	Pasta Salad Zucchini Slices Water
Wednesday	Muffin Plum Milk	Baked Tilapia Roll Roasted Beets Kiwi Milk	Triscuits (WG) Cheese Water
Thursday	Cheese omelet Sliced Tomatoes and Cucumber Milk	Bean Burrito (WG) Corn Grapes Milk	Yogurt Snap Peas Water
Friday	Cereal (WG) Raspberries Milk	Sloppy Joe Sandwich Grain: Bun (WG) Green Beans Watermelon Milk	Pretzels Peanut Butter Water

WEEK 3

	Breakfast	Lunch	Snack
Monday	Banana Bread Peaches Milk	Chicken Salad Crackers (WG) Roasted Brussel Sprouts Strawberries Milk	Celery Hummus Water
Tuesday	Cheesy Quiche Bell Pepper Strips Milk	Grilled Cheese Sandwich Grain: WG Bread Tomato Soup Roasted Okra Milk	Trail mix Carrots with Dip Water
Wednesday	Oatmeal (WG) Blueberries Milk	Meatloaf Quinoa (WG) Cauliflower Tangerine Milk	Cottage Cheese Pineapple Water
Thursday	Peanut Butter Apple Milk	Black Bean Quesadilla Grain: WG Tortilla Sweet Potatoes Cherries Milk	Guacamole Tortilla chips Water
Friday	English Muffin Watermelon Milk	Ham & Cheese Sandwich Grain: WG Bread Peas	Club Crackers 100% Vegetable Juice

WEEK 4

	Breakfast	Lunch	Snack
Monday	Pancake with yogurt topping Grapes Milk	Spaghetti with Meat Sauce Zucchini Kiwi Milk	Turkey/Tortilla Roll-up (WG) Water
Tuesday	Sausage Patties Nectarine Milk	Banana/Peanut Butter Sand. Grain: WG Bread Cucumber Yogurt with Strawberries Milk	Pretzels 100% Fruit Juice
Wednesday	Muffin Grapefruit Milk	Baked Cod Brown Rice (WG) Bell Pepper Strips Plum Milk	Cheesy Broccoli Triscuits (WG) Water
Thursday	Hard Boiled Eggs Potatoes Milk	Lentil Soup Cornbread (WG) Spinach Salad Oranges Milk	Breadstick Marinara Water
Friday	Cereal (WG) Banana Milk	BBQ Chicken Roll Corn on the Cob Cantaloupe	Pear Cheese Stick Water

