

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 5				1 Breakfast: Waffles w/ bananas Lunch: BBQ Chicken, Baked beans Fruit cocktail Snack: Goldfish and honeydew	2 Breakfast: Muffins with bananas Lunch: Pizza, Mashed Cauliflower Pears Snack: Graham crackers and pudding	3
4 Week 6	5 Breakfast: Turkey sausage and biscuits Lunch: Baked Wheat Ziti, Pineapple Diced carrots Snack: Apple slices and goldfish	6 Breakfast: Baked Oatmeal Lunch: Chicken and rice w/ broccoli Black eyed peas Pears Snack: Cheese & Crackers	7 Breakfast: Cheese Eggs With Turkey Bacon Lunch: Grilled turkey and cheese, lima beans Apple slices Snack: fruit cocktail and graham crackers	8 Breakfast: Hash brown casserole Lunch: Chicken alfredo w/ spinach, Peas & Carrots Peaches Snack: raisins and graham crackers	9 Breakfast: Cereal w/yogurt Lunch: Chicken nuggets, sweet potato fries Pineapple Snack: Jello and orange slices	10
11 Week 7	12 Breakfast: Cheese Omelets and Turkey Bacon Lunch: Ravioli, green beans, pineapples Snack: Yogurt and honeydew	13 Breakfast: Bagels and applesauce Lunch: Swedish meatballs/noodles Field peas and Peaches Snack: sliced oranges and graham crackers	14 Breakfast: Cheesy hash brown casserole Lunch: Turkey and cheese roll up Peas and carrots, Peaches Snack: Cheese sticks and honeydew	15 Breakfast: Turkey bacon Omelets Lunch: Tostadas, Peas, Pears Snack: Animal crackers and bananas	16 Breakfast: Muffins with bananas Lunch: Pizza, Mashed Cauliflower Pears Snack: Graham crackers and pudding	17
18 Week 8	19  PRESIDENTS DAY	20 Breakfast: English Muffins and peaches Lunch: Chicken quesadilla, Black beans and rice, mandarin oranges Snack: Yogurt parfait	21 Breakfast: Pancakes and grapes Lunch: Wheat Lasagna Field peas, Pears Snack: Animal crackers and cheese sticks	22 Breakfast: Waffles w/ grapes Lunch: BBQ Chicken, Baked beans Fruit cocktail Snack: Goldfish and applesauce	23 Breakfast: Cereal w/yogurt Lunch: Chicken nuggets, sweet potato fries Pineapple Snack: fruited Jell-O and wafers	24
25 Week 1	26 Breakfast: Cheese Omelets and Turkey Bacon Lunch: Ravioli, green beans pineapples Snack: Animal Crackers and fruit cups	27 Breakfast: Bagel and Yogurt Lunch: Chicken Fingers Field Peas, Pears Snack: Vanilla Wafers Cheese stick	28 Breakfast: : Eggs and turkey sausage Lunch: Grilled Turkey and cheese sandwich, diced carrots and fruit cocktail Snack: Chex mix and orange slices	Notes:		