

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week 6	2 Breakfast: Turkey sausage and biscuits Lunch: Baked Wheat Ziti, field peas, pineapple Snack: Apple slices and goldfish	3 Breakfast: Baked Oatmeal Lunch: Chicken and rice w/ broccoli Black eyed peas Pears Snack: Cheese & Crackers	4 Breakfast: Cheese Eggs With Turkey Bacon Lunch: Grilled turkey and cheese, lima beans Apple slices Snack: sliced oranges and graham crackers	5 Breakfast: Hash brown casserole Lunch: Chicken alfredo w/ spinach, Peas & Carrots Pineapple Snack: raisins and graham crackers	6 Breakfast: Cereal w/yogurt Lunch: Chicken nuggets, sweet potato fries Pineapple Snack: Jello and wafers	7
8 Week 7	9 Breakfast: Cheese Omelets and Turkey Bacon Lunch: Ravioli, broccoli, pineapples Snack: Yogurt and strawberries	10 Breakfast: Bagels and applesauce Lunch: Swedish meatballs/noodles Field peas and Peaches Snack: sliced oranges and graham crackers	11 Breakfast: Cheesy hash brown casserole Lunch: Turkey and cheese roll up Peas and carrots, Peaches Snack: Cheese sticks and strawberries	12 Breakfast: Turkey bacon Omelets Lunch: Tostadas, Peas, Pears Snack: Animal Crackers and Bananas	13 Breakfast: Cheese toast applesauce Lunch: Loaded Potato, Diced carrots, Fruit Cocktail Snack: Club Cracker Fruited Jello	14
15 Week 8	16 Breakfast: : Eggs and turkey sausage Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail Snack: Chex mix and raspberries	17 Breakfast: English Muffins and peaches Lunch: Chicken quesadilla, Black beans and rice, mandarin oranges Snack: Yogurt Parfait	18 Breakfast: Pancakes and raspberries Lunch: Wheat lasagna Field peas, Pears Snack: Animal crackers and cheese sticks	19 Breakfast: Waffles w/ grapes Lunch: BBQ Chicken, Baked beans Fruit cocktail Snack: Goldfish and applesauce	20 Breakfast: Cereal w/yogurt Lunch: Chicken nuggets, sweet potato fries Pineapple Snack: fruited Jell-O and wafers	21
22 Week 1	23 Breakfast: Cheese Omelets and Turkey Bacon Lunch: Ravioli, green beans pineapples Snack: Animal Crackers and Blue Berries	24 Breakfast: Bagel and Yogurt Lunch: Chicken Fingers Field Peas, Pears Snack: Vanilla Wafers Cheese sticks	25 Breakfast: Cheese toast applesauce Lunch: Loaded Potato, Peas and carrots, Fruit Cocktail Snack: Club Cracker Fruited Jello	26 Breakfast: Waffles, Blueberries Lunch: Turkey and Cheese Sandwiches, Mixed vegetables Mandarin oranges Snack: Baked chips and apple slices	27 Breakfast: Muffins and sliced oranges Lunch: Pizza Diced carrots Peaches Snack: Cheeze its and apple slices	28
29	30 Breakfast: Muffins with bananas Lunch: Pizza, Mashed Cauliflower Pears Snack: Graham crackers and pudding					