

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 2		1 Breakfast: Bagels, applesauce Lunch: Swedish meatballs/noodles Field peas and Peaches Snack: strawberries and graham crackers	2 Breakfast: waffles and strawberries Lunch: Lasagna with wheat noodles and turkey, Green beans and pears Snack: Cheese sticks and ritz crackers	3 Breakfast: Baked oatmeal Lunch: Chicken and dumplings mixed vegetables, Peaches Snack: Raisins and graham crackers	4 Breakfast: Cereal and strawberries Lunch: Chicken nuggets, Corn Pineapple Snack: Pretzels and pears	5
6 Week 3	7 Breakfast: Turkey sausage and biscuits Lunch: Baked Wheat Ziti, Pineapple Diced carrots Snack: Cheese sticks and goldfish	8 Breakfast: English Muffins and blueberries Lunch: Chicken quesadilla, Black beans and rice ,mandarin oranges Snack: Yogurt parfait	9 Breakfast: Cheesy hash brown casserole Lunch: Turkey and cheese roll up Peas and carrots, Peaches Snack: Graham Crackers and raisins	10 Breakfast: Blueberry waffles Lunch: Baked wheat spaghetti green beans, Fruit cocktail Snack: Wafers and pudding	11 Breakfast: banana muffins Lunch: Pizza, Mixed vegetables Pears Snack: Goldfish and applesauce	12
13 Week 4	14 Breakfast: Turkey Sausage Biscuits Lunch: Chicken Alfredo, Broccoli Pineapples Snack: Cheeze-its and Jell-O	15 Breakfast: : Turkey bacon, Omelets Lunch: Mac n Cheese, green beans, Pears Snack: Yogurt parfait	16 Breakfast: Pancakes and blackberries Lunch: Tostadas, Field peas,Fruit cocktail Snack: Chex mix and applesauce	17 Breakfast Cheese Grits and bananas Lunch: Baked wheat ziti, Peas, Pears Snack: Cheese sticks and strawberries	18 Breakfast: Cereal and blackberries Lunch: Chicken nuggets, sweet potato fries Pineapple Snack: Animal crackers and bananas	19
20 Week 5	21 Breakfast: Raisin toast, turkey sausage and yogurt Lunch: Wheat lasagna, Green beans Pears Snack: Cheese sticks and grapes	22 Breakfast: Cereal and yogurt Lunch: Chicken quesadilla, Black beans and rice, Peaches Snack: Grapes and Cheez-its	23 Breakfast: Cheese Omelets, Turkey Bacon Lunch: Turkey and cheese wheat wraps, Green beans, Mandarin oranges Snack: Yogurt and wafers	24 Breakfast: Waffles w/ grapes Lunch: BBQ Chicken, Baked beans Fruit cocktail Snack: Goldfish and sliced oranges	25 Breakfast: Muffins with bananas Lunch: Pizza, Mashed Cauliflower Pears Snack: Graham crackers and pudding	26
27 Week 6	28 	29 Breakfast: Baked Oatmeal Lunch: Chicken tetrazzini, Broccoli, Pears Snack: Cheese & Crackers	30 Breakfast: Cheese Eggs With Turkey Bacon Lunch: Grilled turkey and cheese, field peas Apple slices Snack: applesauce and graham crackers	31 Breakfast: Eggs and turkey sausage Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail Snack: Chex mix and apple slices	Notes:	