

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 7			1 Breakfast: Cheesy hash brown casserole Lunch: Turkey and cheese roll up Peas and carrots, Peaches Snack: Animal Crackers and Bananas	2 Breakfast: Turkey bacon Omelets Lunch: Tostadas, Peas, Pears Snack: Cheese sticks and strawberries	3 Breakfast: Muffins with bananas Lunch: Pizza, Mashed Cauliflower Pears Snack: Graham crackers and pudding	4
5 Week 8	6 Breakfast: : Eggs and turkey sausage Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail Snack: Chex mix and blueberries	7 Breakfast: English Muffins and peaches Lunch: Chicken quesadilla, Black beans and rice, mandarin oranges Snack: Yogurt Parfait	8 Breakfast: Pancakes and bluberries Lunch: Wheat Lasagna Field peas, Pears Snack: Animal crackers and cheese sticks	9 Breakfast: Waffles w/ grapes Lunch: BBQ Chicken, Baked beans Fruit cocktail Snack: Goldfish and applesauce	10 Breakfast: Cereal w/yogurt Lunch: Chicken nuggets, Sweet potato fries Pineapple Snack: fruited Jell-O and wafers	11
12 Week 1	13 Breakfast: Cheese Omelets and Turkey Bacon Lunch: Ravioli, green beans pineapples Snack: Animal Crackers and Blue Berries	14 Breakfast: Bagel and Yogurt Lunch: Chicken Fingers Field Peas, Pears Snack: Vanilla Wafers Cheese sticks	15 Breakfast: Cheese toast applesauce Lunch: Loaded Potato, Peas and carrots, Fruit Cocktail Snack: Club Cracker Fruited Jello	16 Breakfast: Waffles, Blueberries Lunch: Turkey and Cheese Sandwiches, Mixed vegetables Mandarin oranges Snack: Baked chips and apple slices	17 Breakfast: Muffins and orange slices Lunch: Pizza Diced carrots Peaches Snack: Cheeze its and apple slices	18
19 Week 2	20 Breakfast:Eggs and turkey sausage Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail Snack: Chex mix and apple slices	21 Breakfast: Bagels, applesauce Lunch: Swedish meatballs/noodles Field peas and Peaches Snack: strawberries and graham crackers	22 Breakfast: waffles and raspberries Lunch: Lasagna with wheat noodles and turkey, Green beans and pears Snack: Cheese sticks and ritz crackers	23 Breakfast: Baked oatmeal Lunch: Chicken and dumplings mixed vegetables, Peaches Snack: Raisins and graham crackers	24 Breakfast: Cereal and raspberries Lunch: Chicken nuggets, Sweet potato fries Pineapple Snack: Pretzels and pears	25
26 Week 3	27 Breakfast: Turkey sausage and biscuits Lunch: Baked Wheat Ziti, Pineapple Diced carrots Snack: Cheese sticks and goldfish	28 Breakfast: English Muffins and blueberries Lunch: Chicken quesadilla, Black beans and rice ,mandarin oranges Snack: Yogurt parfait	29 Breakfast: Cheesy hash brown casserole Lunch: Turkey and cheese roll up Peas and carrots, Peaches Snack: Graham Crackers and raisins	30 Breakfast: Blueberry waffles Lunch: Baked wheat spaghetti green beans, Fruit cocktail Snack: Wafers and pudding	31 Breakfast: Bagels and applesauce Lunch: Swedish meatballs/noodles Field peas and Peaches Snack: strawberries and graham crackers	