



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 4				<b>1</b> Breakfast: Turkey bacon, Omelets  Lunch: Baked wheat ziti, Peas, Pears  Snack: Cheese sticks and orange slices	<b>2</b> Breakfast: Cereal and yogurt  Lunch: Chicken nuggets, corn Pineapple  Snack: Chex mix and applesauce	<b>3</b>
<b>4</b> Week 5	<b>5</b> Breakfast: Raisin toast, turkey sausage and yogurt  Lunch: Wheat lasagna, Green beans Pears  Snack: Cheese sticks and animal crackers	<b>6</b> Breakfast: Cereal and yogurt  Lunch: Chicken quesadilla, Black beans and rice, Peaches  Snack: Grapes and Cheez-its	<b>7</b> Breakfast: Cheese Omelets, Turkey Bacon  Lunch: Turkey and cheese wheat wraps, Green beans, Mandarin oranges  Snack: Yogurt and wafers	<b>8</b> Breakfast: Waffles w/ grapes  Lunch: BBQ Chicken, Baked beans Fruit cocktail  Snack: Goldfish and grapes	<b>9</b> Breakfast: Muffins with bananas  Lunch: Pizza, Mashed Cauliflower Pears  Snack: Graham crackers and pudding	<b>10</b>
<b>11</b> Week 6	<b>12</b> Breakfast: Turkey sausage and biscuits  Lunch: Baked Wheat Ziti, Pineapple Diced carrots  Snack: Apple slices and goldfish	<b>13</b> Breakfast: Baked Oatmeal  Lunch: Chicken tetrazzini, Green Beans, Peaches  Snack: Cheese & Crackers	<b>14</b> Breakfast: Cheese Eggs With Turkey Bacon  Lunch: Grilled turkey and cheese, lima beans Apple slices  Snack: applesauce and graham crackers	<b>15</b> Breakfast: Hashbrown patties, Turkey Sausage  Lunch: Chicken and rice w/ broccoli Black eyed peas Pears  Snack: Cheese & Crackers	<b>16</b> Breakfast: Cereal w/yogurt  Lunch: Chicken nuggets, Sweet potato fries Pineapple  Snack: Jello and orange slices	<b>17</b>
<b>18</b> Week 7	<b>19</b> Breakfast: Cheese Omelets and Turkey Bacon  Lunch: Ravioli, green beans, pineapples  Snack: Yogurt and orange slices	<b>20</b> Breakfast: Bagels and applesauce  Lunch: Swedish meatballs/noodles Field peas and Peaches  Snack: jello and graham crackers	<b>21</b> Breakfast: Cheesy hashbrown patties, Turkey Sausage  Lunch: Chef's Choice  Snack: Animal Crackers and Bananas	<b>22</b> 	<b>23</b> 	<b>24</b>
<b>25</b> Week 8	<b>26</b> Breakfast: : Eggs and turkey sausage  Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail  Snack: Chex mix and cheese sticks	<b>27</b> Breakfast: English Muffins and peaches  Lunch: Chicken quesadilla, Black beans and rice, mandarin oranges  Snack: Yogurt Parfait	<b>28</b> Breakfast: Pancakes and yogurt  Lunch: Wheat lasagna Field peas, pears  Snack: Animal crackers and pudding	<b>29</b> Breakfast: Waffles w/ grapes  Lunch: BBQ Chicken, Baked beans Fruit cocktail  Snack: Goldfish and applesauce	<b>30</b> Breakfast: Pancakes and strawberries  Lunch: Tostadas, Field peas, Fruit cocktail  Snack: Animal crackers and bananas	