



◀ Nov 2018							~ December 2018 ~							Jan 2019 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
Week 8												1								
2 Week 1		3 Breakfast: Cheese Omelets and Turkey Bacon  Lunch: Ravioli, green beans pineapples  Snack: Animal Crackers and pudding		4 Breakfast: Bagel and Yogurt  Lunch: Chicken Fingers Field Peas, Pears  Snack: Vanilla Wafers Cheese sticks		5 Breakfast: Cheese toast applesauce  Lunch: Loaded Potato, Peas and carrots, Fruit Cocktail  Snack: Club Cracker Fruited Jello		6 Breakfast: Waffles, orange slices  Lunch: Turkey and Cheese Sandwiches, Mixed vegetables Mandarin oranges  Snack: Baked chips and apple slices		7 Breakfast: Muffins and bananas  Lunch: Pizza Diced carrots Peaches  Snack: Cheeze its and apple slices		8								
9 Week 2		10 Breakfast: Eggs and turkey sausage  Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail  Snack: Chex mix and apple slices		11 Breakfast: Bagels, applesauce  Lunch: Swedish meatballs/noodles Field peas and Peaches  Snack: orange slices and graham crackers		12 Breakfast: waffles and peaches  Lunch: Lasagna with wheat noodles and turkey, Green beans and pears  Snack: Cheese sticks and ritz crackers		13 Breakfast: Baked oatmeal  Lunch: Chicken and dumplings mixed vegetables, Peaches  Snack: Raisins and graham crackers		14 Breakfast: Cereal and yogurt  Lunch: Chicken nuggets, Sweet potato fries Pineapple  Snack: Pretzels and pears		15								
16 Week 3		17 Breakfast: Turkey sausage and biscuits  Lunch: Baked Wheat Ziti, Pineapple Diced carrots  Snack: Cheese sticks and goldfish		18 Breakfast: English Muffins and orange slices  Lunch: Chicken quesadilla, Black beans and rice ,mandarin oranges  Snack: Yogurt parfait		19 Breakfast: Cheesy hashbrown patties, Turkey Sausage  Lunch: Turkey and cheese roll up Peas and carrots, Peaches  Snack: Graham Crackers and raisins		20 Breakfast: Blueberry waffles  Lunch: Baked wheat spaghetti green beans, Fruit cocktail  Snack: Wafers and pudding		21 Breakfast: banana muffins  Lunch: Pizza, Mixed vegetables Pears  Snack: Goldfish and applesauce		22								
23 Week 4		24 		25 		26 Breakfast: Pancakes and orange slices  Lunch: Tostadas, Field peas, Fruit cocktail  Snack: Animal crackers and pudding		27 Breakfast: Turkey bacon, Omelets  Lunch: Baked wheat ziti, Peas, Pears  Snack: Cheese sticks and bananas		28 Breakfast: Cereal and bananas  Lunch: Chicken nuggets, corn Pineapple  Snack: Chex mix and applesauce		29								
30		31 Breakfast: Cheese Omelets and Turkey Bacon  Lunch: Ravioli, green beans pineapples  Snack: Animal Crackers and Blue Berries		Notes:																