


~ September 2018 ~

◀ Aug 2018

Oct 2018 ▶

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