

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 8	<b>1</b> Breakfast: : Eggs and turkey sausage  Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail  Snack: Chex mix and blueberries	<b>2</b> Breakfast: English Muffins and peaches  Lunch: Chicken quesadilla, Black beans and rice, mandarin oranges  Snack: Yogurt Parfait	<b>3</b> Breakfast: Pancakes and blueberries  Lunch: Wheat lasagna Field peas, Pears  Snack: Animal crackers and cheese sticks	<b>4</b> Breakfast: Waffles w/ grapes  Lunch: BBQ Chicken, Baked beans Fruit cocktail  Snack: Goldfish and applesauce	<b>5</b> Breakfast: Cereal w/yogurt  Lunch: Chicken nuggets, Sweet potato fries Pineapple  Snack: fruited Jell-O and wafers	<b>6</b>
Week 1	<b>8</b> Breakfast: cereal and peaches  Lunch: corn dogs, green beans, pineapple  Snack: yogurt and vanilla wafers	<b>9</b> Breakfast: Bagel and Yogurt  Lunch: Chicken Fingers Field Peas, Pears  Snack: Vanilla Wafers Cheese sticks	<b>10</b> Breakfast: Cheese toast applesauce  Lunch: Loaded Potato, Peas and carrots, Fruit Cocktail  Snack: Club Cracker Fruited Jello	<b>11</b> Breakfast: Waffles, Blueberries  Lunch: Turkey and Cheese Sandwiches, Mixed vegetables Mandarin oranges  Snack: Baked chips and apple slices	<b>12</b> Breakfast: Muffins and orange slices  Lunch: Pizza Diced carrots Peaches  Snack: Cheeze its and apple slices	<b>13</b>
Week 2	<b>15</b> Breakfast:Eggs and turkey sausage  Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail  Snack: Chex mix and apple slices	<b>16</b> Breakfast: Bagels, applesauce  Lunch: Swedish meatballs/noodles Field peas and Peaches  Snack: strawberries and graham crackers	<b>17</b> Breakfast: waffles and strawberries  Lunch: Lasagna with wheat noodles and turkey, Green beans and pears  Snack: Cheese sticks and ritz crackers	<b>18</b> Breakfast: Baked oatmeal  Lunch: Chicken and dumplings mixed vegetables, Peaches  Snack: Raisins and graham crackers	<b>19</b> Breakfast: Cereal and yogurt  Lunch: Chicken nuggets, Corn Pineapple  Snack: Pretzels and pears	<b>20</b>
Week 3	<b>22</b> Breakfast: Turkey sausage and biscuits  Lunch: Baked Wheat Ziti, Pineapple Diced carrots  Snack: Cheese sticks and goldfish	<b>23</b> Breakfast: English Muffins and blueberries  Lunch: Chicken quesadilla, Black beans and rice ,mandarin oranges  Snack: Yogurt parfait	<b>24</b> Breakfast: Cheesy hashbrown patties, Turkey Sausage  Lunch: Turkey and cheese roll up Peas and carrots, Peaches  Snack: Graham Crackers and raisins	<b>25</b> Breakfast: Blueberry waffles  Lunch: Baked wheat spaghetti green beans, Fruit cocktail  Snack: Wafers and pudding	<b>26</b> Breakfast: banana muffins  Lunch: Pizza, Mixed vegetables Pears  Snack: Goldfish and applesauce	<b>27</b>
Week 4	<b>29</b> Breakfast: Turkey Sausage Biscuits  Lunch: Chicken Alfredo, Broccoli Pineapples  Snack: Cheeze-its and Jell-O	<b>30</b> Breakfast: Cheese Grits and honeydew  Lunch: Corn Dog nuggets,Corn, Peaches  Snack: Cheese sticks and crackers	<b>31</b> Breakfast: banana muffins  Lunch: Pizza, Mixed vegetables Pears  Snack: Goldfish and applesauce	<b>Notes:</b>		