



WEEK 1 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal	Waffles & Sunbutter	Bagel w/ Cream Cheese	Cheese Toast	Fruit Smoothie
Fruit	Fruit	Fruit	Fruit	
Milk	Milk	Milk	Milk	
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal	Bananas	Fig Bar	Belvita Biscuits	Nutrigrain Bar
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Bean and Cheese Taco	Grilled Cheese Sandwich w/ Tomato Soup	Spaghetti w/ Ground Turkey Meat Sauce	Chicken Breast, Rice & Broccoli Casserole	BBQ Meatballs w/ Sliced Bread
Mexican Corn	Baby Carrots	Garden Salad	Mixed Vegetables	Green Beans
Tropical Fruit	Applesauce	Fresh Fruit	Fresh Fruit	Pears
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers & Cream Cheese	Granola Bar & String Cheese	Fruit of Choice & Gogurt	Cheez-It's & Turkey Slices	Hummus & Whole Grain Crackers
Water	Water	Water	Water	Water



WEEK 2 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal of choice	Turkey Sausage Biscuit	English Muffin w/ Cheese	French Toast	Yogurt w/ Granola
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Muffins	Bananas	Goldfish	Cereal Mix	Nutrigrain Bar
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Breast Tenders	Cheese Quesadilla	Beef Stroganoff	Cheese Pizza	Pinto Beans w/ Rice
Mixed Veggies	Corn/Black Bean Salad	Tossed Garden Salad	Peas & Carrots	Mexican Corn
Peaches	Mandarin Oranges	Fresh Fruit	Fresh Fruit	Tropical Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Sliced Cheese & Club Crackers	Animal Crackers & String Cheese	Fruit of Choice & Gogurt	Pretzel Thins w/ Cheese	Veggies w/ Hummus
Water	Water	Water	Water	Water



WEEK 3 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal	Waffles & Sunbutter	Bagel w/ Cream Cheese	Cheese Toast	Fruit Smoothie
Fruit	Fruit	Fruit	Fruit	
Milk	Milk	Milk	Milk	
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal	Bananas	Fig Bar	Belvita Biscuits	Nutrigrain Bar
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
BBQ Chicken Sandwich	Cheese Lasagna Casserole	Beef Cowboy Stew	Chicken Pot Pie w/ Veggies	Fish Sticks
Baby Carrots	Garden Salad	Cornbread	Rice	Green Beans
Tropical Fruit	Mandarin Oranges	Fresh Fruit	Fresh Fruit	Baked Apples
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers & Cream Cheese	Granola Bars & String Cheese	Fruit of Choice & Gogurt	Cheez-its & Turkey Slices	Hummus & Whole Grain Crackers
Water	Water	Water	Water	Water



WEEK 4 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal of Choice	Turkey Sausage Biscuit	English Muffin & Cheese	French Toast	Yogurt w/ Granola
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Muffins	Bananas	Goldfish	Cereal Mix	Nutrigrain Bar
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Swedish Meatballs w/ Bread	Cheese Quesadilla	Warm Turkey & Cheese Sandwiches	Chicken Spaghetti	Sloppy Joe Sandwich w/ Ground Turkey
Peas & Carrots	Spanish Rice & Broccoli	Baby Carrots	Garden Salad	Mixed Veggies
Pineapple	Peaches	Fresh Fruit	Fresh Fruit	Applesauce
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Sliced Cheese w/ Club Crackers	Granola Bars & String Cheese	Fruit of Choice & Gogurt	Pretzel Thins w/ Cheese	Veggies & Hummus
Water	Water	Water	Water	Water



WEEK 5 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal	Waffles & Sunbutter	Bagel w/ Cream Cheese	Cheese Toast	Fruit Smoothie
Fruit	Fruit	Fruit	Fruit	
Water	Milk	Milk	Milk	
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal	Banana	Fig Bar	Belvita Biscuits	Nutrigrain Bar
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Patty Melt w/ Sliced Bread	Tuna Casserole	Asian Rice w/ Chicken	Baked Mac & Cheese	Chicken Tenders
Corn	Garden Salad	Mixed Veggies	Green Beans	Peas & Carrots
Applesauce	Diced Peaches	Fresh Fruit	Fresh Fruit	Diced Pears
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers & Cream Cheese	Granola Bars & String Cheese	Fruit w/ Gogurt	Cheez-It's & Turkey Slices	Hummus w/ Whole Grain Crackers
Water	Water	Water	Water	Water