



**WEEK 1 MENU**

| Monday                                                          | Tuesday                                               | Wednesday                                                       | Thursday                                              | Friday                                                        |
|-----------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------|
| <b>BREAKFAST</b>                                                | <b>BREAKFAST</b>                                      | <b>BREAKFAST</b>                                                | <b>BREAKFAST</b>                                      | <b>BREAKFAST</b>                                              |
| Mini Pancakes<br>Water                                          | Cereal<br>Water                                       | Waffles<br>Water                                                | Baked Oatmeal Bar<br>Water                            | Fruit Muffin<br>Water                                         |
| <b>AM SNACK</b>                                                 | <b>AM SNACK</b>                                       | <b>AM SNACK</b>                                                 | <b>AM SNACK</b>                                       | <b>AM SNACK</b>                                               |
| Granola Bar<br>Water                                            | Bananas<br>Water                                      | Graham Crackers<br>Water                                        | Cereal<br>Water                                       | Rice Cakes<br>Water                                           |
| <b>HEALTHY LUNCH</b>                                            | <b>HEALTHY LUNCH</b>                                  | <b>HEALTHY LUNCH</b>                                            | <b>HEALTHY LUNCH</b>                                  | <b>HEALTHY LUNCH</b>                                          |
| Chicken Burger on Whole Wheat Bun<br>Peas<br>Applesauce<br>Milk | Bean and Cheese Taco<br>Mexican Corn<br>Pears<br>Milk | Chicken Parm Bake<br>Roasted Vegetables<br>Baked Apples<br>Milk | Turkey Cheddar Melt<br>Green Beans<br>Peaches<br>Milk | Cheese Tortellini<br>Garden Salad<br>Mandarin Oranges<br>Milk |
| <b>PM SNACK</b>                                                 | <b>PM SNACK</b>                                       | <b>PM SNACK</b>                                                 | <b>PM SNACK</b>                                       | <b>PM SNACK</b>                                               |
| Gogurt & Fresh Fruit<br>Water                                   | Goldfish<br>Water                                     | Cheese Stick & Cheez-itz<br>Water                               | Fruit Muffins<br>Water                                | Sliced Turkey & Crackers<br>Water                             |



**WEEK 2 MENU**

| Monday                                                      | Tuesday                                  | Wednesday                                                          | Thursday                                                 | Friday                                              |
|-------------------------------------------------------------|------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------|
| <b>BREAKFAST</b>                                            | <b>BREAKFAST</b>                         | <b>BREAKFAST</b>                                                   | <b>BREAKFAST</b>                                         | <b>BREAKFAST</b>                                    |
| Yogurt & Granola<br>Water                                   | Mini Pancakes<br>Water                   | Fruit Muffin<br>Water                                              | Cereal<br>Water                                          | Belvita Biscuits<br>Water                           |
| <b>AM SNACK</b>                                             | <b>AM SNACK</b>                          | <b>AM SNACK</b>                                                    | <b>AM SNACK</b>                                          | <b>AM SNACK</b>                                     |
| Nutrigrain Bars<br>Water                                    | Muffins<br>Water                         | Cereal<br>Water                                                    | Fig Bar<br>Water                                         | Animal Crackers<br>Water                            |
| <b>HEALTHY LUNCH</b>                                        | <b>HEALTHY LUNCH</b>                     | <b>HEALTHY LUNCH</b>                                               | <b>HEALTHY LUNCH</b>                                     | <b>HEALTHY LUNCH</b>                                |
| Pizza Pasta<br>Tomatoes and Cucumber<br>Fresh Fruit<br>Milk | Chicken Tacos<br>Corn<br>Peaches<br>Milk | Meatball Mac & Cheese<br>Mixed Veggies<br>Mandarin Oranges<br>Milk | Chicken Nuggets<br>Peas & Carrots<br>Mixed Fruit<br>Milk | Chicken Cacciatore<br>Baby Carrots<br>Pears<br>Milk |
| <b>PM SNACK</b>                                             | <b>PM SNACK</b>                          | <b>PM SNACK</b>                                                    | <b>PM SNACK</b>                                          | <b>PM SNACK</b>                                     |
| Pita Bread w/ Sunbutter<br>Water                            | Animal Crackers & Gogurt<br>Water        | Chef's Trail Mix<br>Sugar Free Pudding<br>Water                    | Sliced Cheese & Crackers<br>Water                        | Goldfish<br>Water                                   |



### WEEK 3 MENU

| Monday                                               | Tuesday                                                     | Wednesday                                           | Thursday                                                                 | Friday                                             |
|------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------|
| <b>BREAKFAST</b>                                     | <b>BREAKFAST</b>                                            | <b>BREAKFAST</b>                                    | <b>BREAKFAST</b>                                                         | <b>BREAKFAST</b>                                   |
| Cereal<br>Water                                      | Bagel w/ cream cheese<br>Water                              | Cheese omelette<br>Water                            | Fruit Muffin<br>Water                                                    | Mini Funfetti Pancakes<br>Water                    |
| <b>AM SNACK</b>                                      | <b>AM SNACK</b>                                             | <b>AM SNACK</b>                                     | <b>AM SNACK</b>                                                          | <b>AM SNACK</b>                                    |
| Rice Cakes<br>Water                                  | Goldfish<br>Water                                           | Bananas<br>Water                                    | Veggie Straws<br>Water                                                   | Graham Crackers<br>Water                           |
| <b>HEALTHY LUNCH</b>                                 | <b>HEALTHY LUNCH</b>                                        | <b>HEALTHY LUNCH</b>                                | <b>HEALTHY LUNCH</b>                                                     | <b>HEALTHY LUNCH</b>                               |
| Grilled Cheese<br>Tomato Soup<br>Apple Sauce<br>Milk | BBQ Chicken Burger<br>Peas & Carrots<br>Fresh Fruit<br>Milk | Bean and Cheese Taco<br>Corn<br>Mixed Fruit<br>Milk | Cheesy Chicken Rice Casserole<br>Green Beans<br>Mandarin Oranges<br>Milk | Corndog<br>Seasonal Vegetable<br>Pineapple<br>Milk |
| <b>PM SNACK</b>                                      | <b>PM SNACK</b>                                             | <b>PM SNACK</b>                                     | <b>PM SNACK</b>                                                          | <b>PM SNACK</b>                                    |
| Sliced Turkey & Crackers<br>Water                    | Gogurt & Fresh Fruit<br>Water                               | Fruit Muffin<br>Water                               | Cheese Stick & Goldfish<br>Water                                         | Nilla Wafer & Sugar-free Pudding<br>Water          |



## WEEK 4 MENU

| Monday                                    | Tuesday                                           | Wednesday                                       | Thursday                  | Friday                         |
|-------------------------------------------|---------------------------------------------------|-------------------------------------------------|---------------------------|--------------------------------|
| <b>BREAKFAST</b>                          | <b>BREAKFAST</b>                                  | <b>BREAKFAST</b>                                | <b>BREAKFAST</b>          | <b>BREAKFAST</b>               |
| Yogurt with Fresh Fruit<br>Water          | Waffles<br>Water                                  | Cereal<br>Water                                 | Mini Pancakes<br>Water    | Cheese omelette<br>Water       |
| <b>AM SNACK</b>                           | <b>AM SNACK</b>                                   | <b>AM SNACK</b>                                 | <b>AM SNACK</b>           | <b>AM SNACK</b>                |
| Nutrigrain Bar<br>Water                   | Belvita Biscuits<br>Water                         | Granola Bar<br>Water                            | Graham Crackers<br>Water  | Cheerios<br>Water              |
| <b>HEALTHY LUNCH</b>                      | <b>HEALTHY LUNCH</b>                              | <b>HEALTHY LUNCH</b>                            | <b>HEALTHY LUNCH</b>      | <b>HEALTHY LUNCH</b>           |
| Chicken pasta                             | Cheese Pizza                                      | Chicken Cheese<br>Quesadilla                    | Meatball Mac &<br>Cheese  | Chicken Nuggets                |
| Mixed Veggies                             | Garden Salad                                      | Green Beans                                     | Corn                      | Baby Carrots                   |
| Mandarin Oranges<br>Milk                  | Fresh Fruit<br>Milk                               | Peaches<br>Milk                                 | Pineapple<br>Milk         | Mixed Fruit<br>Milk            |
| <b>PM SNACK</b>                           | <b>PM SNACK</b>                                   | <b>PM SNACK</b>                                 | <b>PM SNACK</b>           | <b>PM SNACK</b>                |
| Animal Crackers & Fresh<br>Fruit<br>Water | Sunbutter and Jelly<br>Finger Sandwiches<br>Water | Pita Bread w/ Cinnamon<br>Cream Cheese<br>Water | Chef's Trail Mix<br>Water | Sliced Cheese w/ Ritz<br>Water |