



WEEK 1 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Mini Waffles Water	Cereal Water	Yogurt w/ Granola Water	Bagel w/ Cream Cheese Water	Fruit Muffin Water
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Belvita Snack Pack w/Fruit Water	Fruit w/Fig Bar Water	Fruit and Grain Bar Water	Granola Bar & Fruit Water	Graham Crackers & Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Cheese Quesadilla Mexican Corn Peaches Milk	Chicken Burger Fresh Veggies Baked Apples Milk	Chicken Parm Bake Roasted Vegetables Pineapple Milk	Turkey Cheddar Melt Green Beans Fresh Fruit Milk	Mini Chicken Corndog Mixed Veggies Diced Pears Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Animal Crackers & Cheese Stick Water	Cheez-itz & Turkey Water	Gogurt & Fruit Water	Chef's Trail Mix Water	Whole Grain Crackers & Sliced Cheese Water



WEEK 2 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Baked Oatmeal Bar Water	Mini Waffles Water	English Muffin w/Jam Water	Cinnamon Toast Water	Fruit Smoothie Water
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Fig Bar & Fruit Water	Fruit & Wafers Water	Fruit and Grain Bar Water	Teddy Grahams & Fruit Water	Cereal Mix Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Nuggets Green Peas Applesauce Milk	Chicken Salad w/ Whole Grain Bread Mixed Veggies Pineapple Milk	Bean & Cheese Taco Corn Fresh Fruit Milk	Chicken Alfredo Green Beans Mixed Fruit Milk	Terriyaki Meatballs w/ Mashed Potatoes Roasted Veggies Mandarin Oranges Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Crackers & Sliced Cheese Water	Fruit Muffins Water	Granola Bar & Fruit Water	Rice Cakes & Sunbutter Water	Goldfish & Cheese Stick Water



WEEK 3 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Mini Waffles Water	Mini Pancakes Water	Yogurt w/ Cheerio Topping Water	Bagel w/ Cream Cheese Water	Fruit Muffin Water
AM SNACK				
Belvita Snack Pack & Fruit Water	Fruit & Wafers Water	Fruit & Grain Bar Water	Granola Bar & Fruit Water	Graham Crackers & Fruit Water
HEALTHY LUNCH				
Cheese Tortellini Mixed Veggies Pineapple Milk	Meatball Mac & Cheese Green Beans Peaches Milk	Meat, Cheese & Whole Grain Crackers Mini Charcuterie Fresh Veggies Fresh Fruit Milk	Chicken & Cheese Tacos Corn Mixed Fruit Milk	Grilled Cheese Tomato Soup Applesauce Milk
PM SNACK				
Animal Crackers & Cheese Stick Water	Cheez-itz & Turkey Water	Gogurt & Fruit Water	Whole Grain Crackers & Sliced Cheese Water	Chef's Trail Mix Water



WEEK 4 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Baked Oatmeal Bar Water	Mini Waffles Water	English Muffin w/ Jam Water	Cinnamon Toast Water	Fruit Smoothie Water
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cheerios Water	Fruit & Wafers Water	Fig Bar & Fruit Water	Goldfish & Fruit Water	Belvita Snack Pack Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Fish Sticks Mixed Veggies Peaches Milk	Cheese Pizza Peas & Carrots Pineapple Milk	Whole Grain Turkey & Cheese Sandwich Fresh Veggies Diced Pears Milk	Chicken Caccitore Roasted Broccoli Mandarin Oranges Milk	Swedish Meatballs w/ Mashed Potatoes Roasted Veggies Mixed Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Gogurt & Fruit Water	Sunbutter & Crackers Water	Chef's Trail Mix Water	Corn Tortilla & Turkey Water	Cherry Tomatoes & Cheese Stick Water



WEEK 5 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal Water	Mini Waffles Water	Yogurt w/ Fruit Water	Bagel w/ Cream Cheese Water	Muffin Water
AM SNACK				
Belvita Snack Pack Water	Veggie Straws Water	Fruit and Grain Bar Water	Granola Bar & Fruit Water	Graham Crackers & Fruit Water
HEALTHY LUNCH				
Grilled Chicken w/ Rice Mixed Veggies Pineapple Milk	Cheese Quesadilla on Corn Tortillas Green Beans Peaches Milk	Pasta Salad Fresh Veggies Fresh Fruit Milk	Cheese Ravioli Garden Salad Mixed Fruit Milk	Chef's Special Soup Crackers Applesauce Milk
PM SNACK				
Fresh Fruit & Cheese Stick Water	Cheez-itz & Turkey Water	Gogurt & Fruit Water	Chef's Trail Mix Water	Whole Grain Crackers & Sliced Cheese Water