

WEEK ONE:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 7:00-8:00 am	Malt O Meal Oranges Milk	Pancakes Blueberries Milk	Toast Strawberries Milk	Waffles Watermelon Milk	Cold Cereal Bananas Milk
Snack: 9:00-9:30 am	French Toast Milk	Chocolate Muffins Milk	English Muffins Milk	Bagels Milk	Apples Milk
Lunch: 11:15-11:45	Cheese Quesadilla Refried Beans Corn Apples Milk	Spinach Raviolis/Sauce Biscuits Peas Mangos Milk	Barbecue Chicken French Bread Mashed Potatoes Peaches Milk	Spaghetti w/ Meatballs Zucchini Mixed Peppers Milk	Turkey Sandwich Carrot Sticks Applesauce Milk
Snack 3:00-3:30	Turkey Sandwich Water	Tator Tots Milk	Cold Cereal Raisins Milk	Mixed Melon Milk	Cereal Bars Milk

WEEK TWO:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 7:00-8:00 am	French Toast Raspberries Milk	Banana Nut Muffins Blueberries Milk	Oatmeal Blackberries Milk	Pancakes Bananas Milk	Cold Cereal Cherries Milk
Snack: 9:00-9:30 am	Mangos Milk	Mandarin Oranges Milk	Strawberries Milk	Cinnamon Rolls Milk	Granola Bars Milk
Lunch: 11:15-11:45	Grilled Tuna Sandwich Chicken Noodle Soup Peas Carrots Milk	Rotini Chicken Casserole Breadsticks Green Beans Mixed Fruit Milk	5 Cheese Jumbo Shells Biscuits Mixed Veggies Pears Milk	Chili Cornbread Corn Black Beans Oranges Milk	Egg Salad Sandwich Peas Mixed Fruit Milk
Snack 3:00-3:30	Zucchini Cheddar Biscuits Water	Tortillas Black Beans Water	Zucchini Cookies Milk	French Fries Milk	String Cheese Milk

WEEK THREE:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 7:00-8:00 am	Toast Oranges Milk	Banana Muffins Blueberries Milk	French Toast Cantaloupe Milk	Biscuits Bananas Milk	Cold Cereal Apples Milk
Snack: 9:00-9:30 am	Pancakes Milk	Bananas Milk	Ritz Crackers Milk	Boiled Eggs Milk	Choc Chip Waffles Milk
Lunch: 11:15-11:45	Chicken Raviolis Rice Pilaf Mixed Veggies Peaches Milk	Three Bean Chili Crescent Rolls Green Beans Pears Milk	Tuna Melts with Cheese Carrots Mandarin Oranges Milk	Baked Ham Dinner Rolls Mash Potatoes Broccoli Milk	Grilled Tuna & Cheese Sandwich Peas Mixed Fruit Milk
Snack 3:00-3:30	French Fries Milk	Oranges Milk	Bagles Milk	String Cheese Milk	Pizza Bites Milk

WEEK FOUR:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 7:00-8:00 am	Pancakes Bananas Milk	Apple Muffins Pears Milk	Waffles Blackberries Milk	English Muffins Bananas Milk	Cold Cereal Blueberries Milk
Snack: 9:00-9:30 am	Biscuits Milk	Eggs Milk	Apricots Milk	French Toast Milk	Apples Milk
Lunch: 11:15-11:45	Pork Sausage French Toast Mangos Blueberries Milk	Grilled Chicken & Cheese on Pita Bread Green Beans Mandarin Oranges Milk	Homemade Pizza Carrots Sticks Peaches Milk	Fish Sticks Pasta Mixed Veggies Blueberries Milk	Cheese Quesadillas Corn Black Beans Milk
Snack 3:00-3:30	Peanut Butter & Jelly Sandwich Milk	Breadsticks w/Marinara Sauce Milk	Club Crackers Peaches Water	Pumpkin Bread Milk	Saltine Crackers Cheese Water

WEEK FIVE:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 7:00-8:00 am	Oatmeal Raspberries Milk	Zucchini Bread Cherries Milk	Bagels with Cream Cheese Pears Milk	French Toast Bananas Milk	Cold Cereal Raisins Milk
Snack: 9:00-9:30 am	Choc Chip Pancakes Milk	Mixed Berries Milk	Granola Bars Milk	Waffles Milk	Toast Milk
Lunch: 11:15-11:45	Meatloaf French Bread Corn Blueberries Milk	Chicken Tetrazini Biscuits Green Beans Pears Milk	Baked Whole Chicken Rolls Peas Peaches Milk	Tacos Spanish Rice Black Beans Corn Milk	Hamburgers Buns Carrots Oranges Milk
Snack 3:00-3:30	Peaches Milk	Cereal Bars Milk	Chicken Nuggets Milk	Grilled Cheese Sandwich Milk	Bagel Bites Milk

WEEK SIX:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 7:00-8:00 am	Cinnamon Streusel Muffins Blackberries Milk	Toast w/ Peanut Butter Pears Milk	English Muffins Cherries Milk	Pancakes Apples Milk	Cold Cereal Bananas Milk
Snack: 9:00-9:30 am	Wheat Thins Milk	Sausage Links Milk	Pears Milk	Biscuits Milk	Mandarin Oranges Milk
Lunch: 11:15-11:45	Macaroni & Cheese Breadsticks Peas Apples Milk	Crock Pot Chicken Pasta Brussel Sprouts Mixed Fruit Milk	Pizza Pasta Casserole Crescent Rolls Green Beans Peaches Milk	Lasagna Cous Cous Corn Bananas Milk	Chicken Nuggets Rice Pilaf Mixed Veggies Pears Milk
Snack 3:00-3:30	French Toast Milk	Goldfish Cheese Water	Cinnamon Rolls Milk	Sweet Potato Fries Milk	Bagels Cheese Water

WEEK SEVEN:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 7:00-8:00 am	Cream of Wheat Raspberries Milk	Waffles Peaches Milk	French Toast Peaches Milk	Toast Watermelon Milk	Cold Cereal Strawberries Milk
Snack: 9:00-9:30 am	Cold Cereal Milk	Pancakes Milk	Toast & Eggs Water	Oranges Milk	Mixed Melon Milk
Lunch: 11:15-11:45	Beef Pot Roast Garlic Bread Red Potatoes Carrots/Celery Peaches Milk	Baked Ham Rolls Sweet Potatoes Pears Milk	Chicken Enchiladas Spanish Rice Corn Black Beans Milk	Chicken Alfredo Fettacine Pasta Mixed Veggies Cantaloupe Milk	Grilled Cheese Sandwich Tomato Soup Peas Apples Milk
Snack 3:00-3:30	Chex Cereal Milk	Cheez-Its String Cheese Water	Carrot Sticks Milk	Honeydew Milk	Broccoli Cauliflower Milk

WEEK EIGHT:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 7:00-8:00 am	Waffles Peaches Milk	Pancakes Blueberries Milk	French Toast Blackberries Milk	Banana Bread Bananas Milk	Cold Cereal Apples Milk
Snack: 9:00-9:30 am	Raisin Bread Milk	Boiled Eggs Milk	Blueberry Muffins Milk	Cereal Bars Milk	Peanut Butter & Jelly Sandwich Water
Lunch: 11:15-11:45	Cream Tomato Tortellini Biscuits Broccoli Pears Milk	Chicken Patties Bun Carrots Peaches Milk	Peanut Butter & Jelly Sandwich Peas Mixed Berries Milk	Fried Chicken Brown Rice Mashed Potatoes Pears Milk	Turkey Burgers Bun Green Beans Peaches Milk
Snack 3:00-3:30	Grilled Cheese Sandwich Water	Texas Toast Milk	Carrot Cake Milk	Homemade Pizza Milk	Bagels w/ Cheese Water