

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Bar with Bananas	Bagels and Cream Cheese	Whole Grain English Muffins and Fruit Spread	Whole Grain Oat Cereal with Fruit	Homeade Blueberry Muffins and Bananas
Morning Snack	Pineapple	Pears	Hummus and Pita	Apples	Melon
Lunch	Turkey and Cheese on Hawaiian Rolls Pickles and Baked Potato Crisps	Spaghetti with Breadsticks and Mixed Greens Salad	White Meat Chicken Bites Shells and Alfredo Peas	Turkey Nachos Whole Grain Tortilla Chips Black Beans	Fish Sticks Broccoli Strawberries
Afternoon Snack	Graham Crackers and Milk	Clementines	Cottage Cheese	Fruit Smoothie	Chef's Choice
Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain English Muffin with Honey	Whole Grain Oat Cereal with Fruit	Breakfast Bar with Fruit	Hard Boiled Eggs with Berries	Bagels and Cream Cheese and Raspberries
Morning Snack	Grapes	Hummus and Pita	Melon	Pears	Chef's Choice
Lunch	Veggie Nuggets Green Beans Peaches	Cheese Pizza Baby Carrots Pears	Meatloaf Cornbread Apples	Grilled Cheese Sandwich Tomato Soup Grapes	All Beef Hot Dogs Sweet Potato Puffs and Clementines
Afternoon Snack	Graham Crackers	Bananas and Raisins	Mozzarella Cheese Sticks	Cottage Cheese	Fruit Smoothie
Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Hard Boiled Eggs Berries	Whole Grain English Muffin with Fruit Spread	Homeade Blueberry Muffins and Bananas	Breakfast Bar with Fruit	Whole Grain Oat Cereal with Fruit
Morning Snack	Pineapple	Melon	Hummus and Pita	Pears	Clementines
Lunch	Chicken Patty on a Slider Bun Pickles Strawberries	Macaroni and Cheese Green Beans Clementines	SunButter and Fruit Spread with Apples and Snap Peas	Veggie Burger Cottage Cheese Watermelon	Chicken Soft Taco Black Beans Mixed Fruit
Afternoon Snack	Graham Crackers and Milk	Berries	Grapes	Fruit Smoothie	Chef's Choice
		Vegetarian Options:	Sun Butter and Fruit Spread on Whole Wheat	Bean and Cheese Quesadilla	