

WEEK ONE (1)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Pizza Assorted Fruit Milk & Juice	Cinnamon Rolls Assorted Fruit Milk & Juice	Waffles & Bacon Assorted Fruit Milk & Juice	Breakfast Wrap Assorted Fruit Milk & Juice	Whole Grain Poptarts Assorted Fruit Milk & Juice	Strawberry Cream Cheese Filled Bagel Assorted Fruit Milk & Juice	French Toast & Sausage Links Assorted Fruit Milk & Juice
MORNING SNACK	Apple Slices w/ PB	Rice Cakes	Goldfish Crackers	Cheese Sticks & WG crackers	Carrot Sticks & Cucumbers	Mixed Berries	Chex Mix
LUNCH	Tacos & Spanish Rice Mexican Corn Fruit Cup Milk Alt: Turkey Sandwich	Chicken Patty Sandwich Tater Tots Apple Slices Milk Alt: PBJ	Chili Dogs with Fritos Fresh Fruit Cup Corn Milk Alt: Ham Sandwich	Ham & Swiss Melt on a Pretzel Bun & Baked lays Carrot Sticks, Peaches Milk Alt: PB sandwich	BEACON BOWLS (popcorn chicken, mashed potatos, corn, chicken gravy, shredded cheese) Fresh Fruit Cup Milk Alt: Turkey Sandwich	Pizza Quesadilla with Dipping Sauce Green beans Fruit cup Milk Alt: PBJ	Chicken Tenders Potato Wedges Corn Oranges Milk Alt: Ham sandwich
AFTERNOON SNACK	Nutrigrain Bar	Oreos	Celery Sticks with PB & Raisins	Baked Chips	Teddy Grahams	Animal Crackers	Craisins
DINNER	Meat Loaf Mashed potatos Corn Milk	Goolosh Side Salad Dinner Roll Milk	Grilled Chicken Rice Veggie Mix Milk	Shepards Pie applesauce milk	Build Your Own Sub Macaroni Salad pretzels Milk	Boneless Wings & Fries Celery Sticks Milk	Rigatoni & Meatballs Side Salad and Dinner roll grapes milk
DESSERT	Special Baked Dessert	Fruited Cake	Parfait Cup	Cookies	Fruited Jello	Ice Cream	Brownies
NIGHT TIME SNACK	Fruit Snack	PB Crackers	Pretzels	Trail Mix	Veggie Chips/Crackers	Popcorn	Cheese Crackers

WEEK TWO (2)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Sausage gravy over biscuits with eggs Assorted Fruit Milk & Juice	Cereal bars & yogurt Assorted Fruit Milk & Juice	Bacon egg & cheese on a bagel Assorted Fruit Milk & Juice	WG DONUTS Assorted Fruit Milk & Juice	Yogurt parfait with fresh fruit & granola Assorted Fruit Milk & Juice	churros Assorted Fruit Milk & Juice	Cheese omlet and bacon Assorted Fruit Milk & Juice
MORNING SNACK	Apple Slices w/ PB	Rice Cakes	Goldfish Crackers	Cheese Sticks & WG crackers	Carrot Sticks & Cucumbers	Mixed Berries	Chex Mix
LUNCH	Hamburger on a bun with tots & baked beans Fruit Cup Milk Alt: Turkey Sandwich	Italian sliders with veggie soup, crackers grapes Milk Alt: PBJ	Chicken Nuggets & mac and cheese & broccoli apple sauce Milk Alt: Ham Sandwich	BLT's & pretzels fresh berrie cup Milk Alt: PB sandwich	Grilled Chicken Wrap celery & carrot sticks mixed Fruit Cup Milk Alt: Turkey Sandwich	meatball subs with mozzarella cheese, baked lays & side salad Fruit cup Milk Alt: PBJ	popcorn chicken veggie rice peaches Milk Alt: Ham sandwich
AFTERNOON SNACK	Nutrigrain Bar	Oreos	Celery Sticks with PB & Raisins	Baked Chips	Teddy Grahams	Animal Crackers	Craisins
DINNER	Grilled Chicken on a bed of lettuce with tomato and cucumber fresh berrie cup milk	Stuffed peppers apple slices milk	steak stir fry over rice with peppers, corn peaches milk	pot roast with baby baked potatoes and carrots banana milk	Homemade Hamburger Helper greenbeans pear cup milk	chicken & biscuits potatos, peas pineapple cup milk	pizza side salad mandarine oranges milk
DESSERT	Special Baked dessert	Fruited Cake	Parafait Cup	Cookies	Fruited Jello	Ice Cream	Brownies
NIGHT TIME SNACK	Fruit Snack	PB Crackers	Pretzels	Trail Mix	Veggie Chips/ crackers	Popcorn	Cheese Crackers

WEEK THREE (3)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Chocolate Chip Pancake & Sausage Assorted Fruit Milk & Juice	Bagel with cream cheese Assorted Fruit Milk & Juice	French Toast & bacon Assorted Fruit Milk & Juice	Cheesy Eggs & Toast Assorted Fruit Milk & Juice	Breakfast Pizza Assorted Fruit Milk & Juice	Cereal Bars & Yogurt Assorted Fruit Milk & Juice	Egg, ham, cheese on english muffin Assorted Fruit Milk & Juice
MORNING SNACK	Apple Slices w/ PB	Rice Cakes	Goldfish Crackers	Cheese Sticks & WG crackers	Carrot Sticks & Cucumbers	Mixed Berries	Chex Mix
LUNCH	Egg salad sandwich pretzels strawberries Milk Alt: Turkey Sandwich	BIG MAC bowls oranges Milk Alt: PBJ	Turkey subs corn chowder mixed berries Milk Alt: Ham Sandwich	Grilled Cheese & tomato soup, oaster crackers apple slices Milk Alt: PB sandwich	Chicken bacon ranch wrap, doritos carrot sticks pears Milk Alt: Turkey Sandwich	Cheeseburger fries baked beans Fruit cup Milk Alt: PBJ	Club sliders baked chips strawberries Milk Alt: Ham sandwich
AFTERNOON SNACK	Nutrigrain Bar	Oreos	Celery Sticks with PB & Raisins	Baked Chips	Teddy Grahams	Animal Crackers	Craisins
DINNER	Ham mashed potatoes corn pineapple Milk	Spaghetti & Meatballs, garlic bread , green beans pears Milk	Sloppy Joes tots roasted carrots orange slices Milk	Chicken Noodle Casserole peas bread sticks peaches milk	Pulled Pork Sandwich curly fries cauliflower grapes Milk	Fish Sandwich tots coleslaw apple Milk	Chili Corn bread corn banana milk
DESSERT	Special Baked Dessert	Fruited Cake	Parfait Cup	Cookies	Fruited Jello	Ice Cream	Brownies
NIGHT TIME SNACK	Fruit Snack	PB Crackers	Pretzels	Trail Mix	Veggie Chips/Crackers	Popcorn	Cheese Crackers

WEEK FOUR (4)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Cheesy Eggs sausage, toast Assorted Fruit Milk & Juice	Banana Bread, Yogurt cup Assorted Fruit Milk & Juice	WG Donuts yogurt cups Assorted Fruit Milk & Juice	Pancakes & Bacon Assorted Fruit Milk & Juice	English muffin w/nutella cup Assorted Fruit Milk & Juice	Muffins, oatmeal Assorted Fruit Milk & Juice	Egg, ham & cheese on crossiant w/ hashbrowns Assorted Fruit Milk & Juice
MORNING SNACK	Apple Slices w/ PB	Rice Cakes	Goldfish Crackers	Cheese Sticks & WG crackers	Carrot Sticks & Cucumbers	Mixed Berries	Chex Mix
LUNCH	Broccoli & Cheese soup, crackers WG roll Milk Alt: Turkey Sandwich	Grilled chicken, bacon & swiss sandwich, waffle fries, cucumbers mixed berries Milk Alt: PBJ	Julianne Salad fries grapes Milk Alt: Ham Sandwich	Mini corn dogs mac & chz green beans mandarine oranges Milk Alt: PB sandwich	Beef & Cheddar on onion roll curly fries corn, apple slices Milk Alt: Turkey Sandwich	Pizza side salad banana Milk Alt: PBJ	Meatball Subs baked lays salad peaches Milk Alt: Ham sandwich
AFTERNOON SNACK	Nutrigrain Bar	Oreos	Celery Sticks with PB & Raisins	Baked Chips	Teddy Grahams	Animal Crackers	Craisins
DINNER	Pork Chops tots, carrots apple sauce Milk	Philly cheese steaks potato wedges bell pepper & onions pears Milk	General Tso Chicken Veggie fried rice Vegetable egg roll orange slices Milk	Chicken Alfredo with broccoli & breadstick peaches milk	italian sausage hoagie fries cauliflower grapes Milk	Chicken parm over noodles spinach apple Milk	taco salad banana milk
DESSERT	Special Baked Dessert	Fruited Cake	Parfait Cup	Cookies	Fruited Jello	Ice Cream	Brownies
NIGHT TIME SNACK	Fruit Snack	PB Crackers	Pretzels	Trail Mix	Veggie Chips/Crackers	Popcorn	Cheese Crackers