

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Mix w/Oranges & Water	Blueberry Bran Loaf w/ Milk	Bagel & Cream Cheese w/ Cantaloupe & Water	Boiled egg & Melon w/ water	Strawberry banana Greek Yogurt w/ All Bran Buds & water
Lunch	Chicken a la King w/ Carrots & Milk	Tuna Pizza w/ Mixed Veggies & Water	Veggie Cheeseburgers w/ cucumbers & Milk	Chicken & Cheese Quesadillas w/ Apples & water	Grilled Cheese w/ Ham, Mixed Veggies & Water
PM Snack	Apple Sauce w/ Breton & Water	Cucumber & pita w/ tzatziki dip & water	Rice Cakes & Fruit cup w/ water	Chocolate Banana Flax Muffins w/ Milk	Pineapple w/ Rice Cracker & Milk

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cantaloupe & Yogurt w/ water	Apples & Cheese String w/ Water	Cheerios & Bananas w/ Milk	Banana Bran Muffin w/ Oranges & Water	Boiled egg & Banana w/ water
Lunch	Chicken Teriyaki on rice W/ Mixed Veggies & Milk	Hawaiian Pizza with Ham & Pineapple, water	Mac & Cheese w/ peas & Carrots, rolls & Water	Black Bean Taco Quesadillas w/ cucumbers, peppers & milk	Sloppy joes w/ Mixed Veggies & Milk
PM Snack	Apple Sauce w/ Breton & Water	Carrot-Rasin Molasses Loaf w/ Milk	Granola Bars w/ Cantaloupe & Water	Melon w/ Rice Cracker & Water	Parmesan Pizza with pizza dip, apples & Water

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Apples & Cheese String w/ Water	Cantaloupe & Yogurt w/ water	Cheerios with Bananas and Milk	Bagel & Cream Cheese w/ Oranges & Water	Strawberry banana Greek Yogurt w/ All Bran Buds & water
Lunch	Veggie Spaghetti w/ Garlic Bread & Milk	Tuna & Egg Sandwiches w/ carrots & Milk	Cheesy Mac & Beef with Carrots & Water	Ham & Mozza Quesadillas w/ apple & Milk	S&S Pork & Carrots w/ Rice & Milk
AM Snack	Pita & Cucumber w/ tzatziki dip & water	Apple Sauce w/ Breton & Water	Baked Egg & Cheese bites w/ apples & water	Granola Bars with Cantaloupe & Water	Rice Cracker w/ Apples & Water