

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal & Banana	English Muffin w/ Sunbutter & Baked Apples	Waffles & Strawberries	French Toast & Fresh Melon	Yogurt & Blueberries
LUNCH	Crispy Chicken Sandwich, Carrots, & Peaches	Cheese Pizza, Mixed Vegetables, & Mixed Berries	Turkey Taco Ricebowl: Turkey, Rice, Corn, Black Beans, & Pineapple	Spaghetti & Meatballs, Greenbeans & Fruit Salad	Fish Sticks, Tater- Tots, Peas, & Pears
PM SNACK	Teddy Grahams & Apple Slices	Chex Mix & Mandarin Oranges	Pita Bread & Salsa	Ritz Crackers & Cheddar Cheese Cubes	Sugar Free Vanilla Pudding and Wafers

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal & Baked Apples	Pancakes & Blueberries	Cheese Crossiant & Pears	Turkey Sausage & Fresh Melon	Toasted Bagel w/ Cream Cheese & Strawberries
LUNCH	Chicken & Cheese Quesadilla, Mixed Vegetable, Mangos	Sweet & Sour Chicken, Vegetable Fried Rice, Fruit Salad	Tortellini Alfredo, Peas, Pineapple	Turkey Tacos w. cheese, Black beans, corn, and Mixed Fruit	Ham & Cheese Sandwiches, Carrots, & Mandarin Oranges
PM SNACK	Saltines w/ Sunbutter	Pretzels & Apple Slices	Cheez-Its & Peaches	Go-Gurt & Graham Crackers	Goldfish & Appleslices

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal & Banana	Warm Biscuit w/ Fruit Spread & Blueberries	Blueberry Muffins & Fresh Melon Slices	Toasted English Muffin w/ Cheese & Pears	Warmed Raisin Bread w/ Cream Cheese & Strawberries
LUNCH	Crispy Chicken Wraps w/ Cheese, Salad w/ Ranch, & Mangos	Mac & Cheese, Zucchini, Mixed Berries	BBQ Chicken, Corn, Fruit Salad	Grilled Chicken Fajitas, Vegetable Blend, Mandarin Oranges	Breakfast for lunch! Waffles, Hashbrown, Baked Apples
PM SNACK	Teddy Grahams & Apple Slices	Animal Crackers & Pineapple	Soft Pretzels w/ Cheese	Graham Crackers & Apple Slices	Sugar Free Vanilla Pudding and Wafers

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal & Baked Apples	French Toast Sticks w/ Syrup & Bananas	Cheese Crossiant & Pears	Turkey Sausage & Biscuit Sandwich Fresh Melon	Pancakes & Blueberries
LUNCH	Turkey and cheese Sandwiches, Carrots, Fruit Salad	Chicken Parmesan over Pasta, Greenbeans, Peaches	Turkey dogs w/ Baked Beans, Sweet potato Fries, & Mango	Grilled Chicken, Pasta Salad, Zucchini	Teriyaki chicken Dumplings over Rice, Broccoli, & Mandarin Oranges
PM SNACK	Ritz Crackers w/ Hummus	Cheez-Its & Mixed Fruit	Go-Gurt & Graham Crackers	Saltines w/ Sunbutter	Cereal Bars & Apple Slices