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| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
| **WEEK 1/A****Breakfast****Lunch****Snack** | Multi-grain Bagel, cream cheese, peaches & waterCheese ravioli in red sauce, broccoli, apple slices & milkOrange Slices, pretzel thins & water  | Whole wheat waffles with powdered sugar, berries & milkChicken and cheese tacos, black beans, bell pepper slices & milkV: Veggie tacosFig newtons & water | Rice Cakes with sun butter & milkChicken nuggets, corn, diced melon, crackers & milkV: Veggie nuggetsYogurt, apple slices & water  | Oatmeal, strawberries & milkCheese Lasagna, chopped salad (lettuce, tomato, shredded carrot) with dressing, pineapple & milkWhole wheat crackers, cheddar cheese & water | English muffin with fruit spread, apple slices & milkFish sticks, mashed potatoes, orange slices & milkV: Veggie NuggetsMixed fresh fruit, goldfish & water |
| **WEEK 2/B****Breakfast****Lunch****Snack** | Whole wheat toast, bananas & milkGrilled Cheese Sandwich, pineapple, broccoli & milkCheese sticks, whole wheat crackers & water | Vanilla Yogurt, apple slices & milkTurkey and cheese wrap, cucumber slices, applesauce & milkBread sticks, marinara sauce & water | Refried bean and cheese burrito & milkChicken patty on bun, sweet potato fries, chopped garden salad & milkV: Veggie pattyGraham crackers, yogurt & water | Biscuit, pears & milkMacaroni and cheese with diced chicken, green beans, mandarin oranges & milkV: Macaroni and cheesePinwheels: tortilla, whipped cream cheese and fruit spread & water | Cinnamon toast, peaches & milkTaco bowl (rice, black beans, corn, diced tomato, cheese), apple slices & milkMixed fresh fruit, whole wheat crackers & water |

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| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
| **WEEK 3/C****Breakfast****Lunch****Snack** | Whole grain bagel, fruit spread & milkFish sticks, mashed potatoes, orange slices & milkPretzel things, hummus & water | Cereal with milk, bananas & waterCheese pizza, broccoli, applesauce & milkTortilla chips, salsa & water(Substitute tortilla for under 2 years) | Whole wheat cheese toast, melon & milkHomemade chicken salad, cucumbers, peaches & milkV: Veggie nuggetsBell pepper slices, ranch dip & water | Oatmeal, strawberries & milkChicken pasta bake (chicken, macaroni, tomato sauce, cheese), green beans, apple slices & milkV: Grilled cheeseSaltine crackers, sun butter & water | Waffles with powdered sugar, berries & milkCheese quesadilla, corn, pineapple & milkMixed fresh fruit, pretzel thins & water  |
| **WEEK 4/D****Breakfast****Lunch****Snack** | Whole Grain English Muffin with Sun Butter & MilkChicken patty, mashed potatoes, pineapple & MilkV: Veggie PattyPinwheels: Tortilla, whipped cream cheese, fruit spread & water | Whole wheat cheese toast, apple slices & MilkCheeseburger pasta bake (macaroni, meat sauce, cheese), peas, mandarin oranges & MilkV: Veggie nuggetsHummus, pita bread & water | Cheerios, Yogurt & MilkChicken soft tacos (tortilla, seasoned chicken, lettuce, tomato, cheese), apple slices & MilkV: Black Bean tacosWhole wheat crackers, cheddar cheese & water | Pancakes, Bananas & MilkTomato Soup, Whole Grain Grilled Cheese Sandwich, Peaches & MilkApple Slices, sun butter & water | Whole Grain Cinnamon Toast, Oranges & MilkFettuccini alfredo, green beans, diced melon & MilkVeggie straws, mixed fruit & water |

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| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
|  **WEEK 5/A****Breakfast****Lunch****Snack** | Multi-grain Bagel, cream cheese, peaches & waterCheese ravioli in red sauce, broccoli, apple slices & milkOrange Slices, pretzel thins & water  | Whole wheat waffles with powdered sugar, berries & milkChicken and cheese tacos, black beans, bell pepper slices & milkV: Veggie tacosFig newtons & water | Rice Cakes with sun butter & milkChicken nuggets, corn, diced melon, crackers & milkV: Veggie nuggetsYogurt, apple slices & water  | Oatmeal, strawberries & milkCheese Lasagna, chopped salad (lettuce, tomato, shredded carrot) with dressing, pineapple & milkWhole wheat crackers, cheddar cheese & water | English muffin with fruit spread, apple slices & milkFish sticks, mashed potatoes, orange slices & milkV: Veggie NuggetsMixed fresh fruit, goldfish & water |