



Week B Menu

Day	Breakfast	AM Snack	Lunch	PM Snack	Late PM Snack	Vegetarian Adjustment	No Red Meat Adjustment
Mon	Multi-grain Bagel with Cream Cheese	English muffins and fruit spread	Chicken chopped salad with grilled pineapples and apples	Cucumber slices, pretzels	Rice cakes and sun butter	Replace Chicken with Veggie Crumbles	N/A
Tue	Whole Wheat Waffles with Berries	Cheerios and milk	Fish sticks and French fries, strawberries and bananas	Hummus and bell peppers	Veggie straws	Replace Turkey with Hummus	N/A
Wed	Rice Cakes with Sun Butter and 100% Fruit Spread	Biscuits with sun butter and fruit spread	Taco pizza with refried beans and mixed fruit	Granola bar and yogurt	Pirates booty	Use Veggie patty instead of Beef	Use Chicken, Turkey or Veggie patties
Thur	Overnight Oatmeal with Toppings	Viggie tacos with goat cheese and fruit	Chicken and waffles with fruit and green veggies	Applesauce and blueberry muffins	Chex mix with fruit	Replace Sausage with Sun Butter, omit Chicken	N/A
Fri	Multi-grain English Muffin with 100% Fruit Spread and Apple slices	Turkey bacon with bagel and cream cheese	Turkey burger, broccoli, apple slices	Mixed fruit, cheese sticks	Granola bar and cheese	Replace Egg with Yogurt	N/A