

<b>Every breakfast comes with:</b>	Entree, whole fruit, tea, milk,	or hot chocolate.			
<b>Every lunch comes with:</b>	Entree, side salad, fruit or fruit	salad, water, milk, or juice.			
		<b>Taco Tuesday</b>	<b>World Food Wednesday</b>	<b>Sandwich Day</b>	<b>Fun Friday</b>
<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>			31	1	2
Entree Alternative: Cold Cereal.			Cream of Wheat + Toast	Turkey, Spinach + Cheese Quiche	French Toast , Eggs, Bacon Veg Alternative: Tofu Eggs, Veg Bacon
<b>Lunch</b>					
Entree Alternative: Grilled Cheese			( Italian) Chicken & Broccoli alfredo, green beans, roll.	Meatball Sub + Chips (Turkey, beef, vegan)	Pizza
<b>Week 2</b>					
	5	6	7	8	9
<b>Breakfast</b>	Bacon, Cinnamon Roll + Eggs	Oatmeal + Toast	Bagel + smear, Boiled Egg + Fruit Smoothie	Parfait , Granola, + Berries	Pancakes, Eggs + Sausages
<b>Lunch</b>	Chicken Ceasar Wraps+ Fries	Burritos + tortilla chips	Chicken Chow Mein	Turkey Sub + Chips	Pizza
<b>Week 3</b>					
	12	13	14	15	16
<b>Breakfast</b>	Sausage,Eggs + Hashbrowns	Cream of Wheat + Toast	Bagel + smear, Boiled Egg + Fruit Smoothie	Sausage and Veggie Frittata	Waffles, Eggs, + Bacon
<b>Lunch</b>	Beef Bulgogi Bowl	Haystacks	Stewed Chicken, Rice & Peas, Cabbage.	Sloppy Joe + Chips	Pizza
<b>Week 4</b>					
	19	20	21	22	23
<b>Breakfast</b>	Bacon ,Muffin + Eggs	Oatmeal + Toast	Bagel + smear + fruit smoothie	Omelette + Toast	French Toast , Eggs, Bacon
<b>Lunch</b>	Meatloaf, Mashed Potatoes, Gravy + Broccoli.	Chicken Enchiladas + Yellow Rice	Chicken Pad Kee Mao + Cucumber salad	Hot Dog, Baked Beans + Chips.	Pizza
<b>Week 5</b>					
	26	27	28	29	30
<b>Breakfast</b>	Sausage, Biscuit, Eggs, + Grits	Bagel + smear, Boiled Egg + Fruit Smoothie	Cream of Wheat + Toast	Parfait , Granola, + Berries	Breakfast Pizza
<b>Lunch</b>	Chicken Stirfry Rice + Spring Rolls	Chicken Tacos, Beans, Rice	Butter Chicken, Basmati Rice Buttered Naan	Loaded Fries / Tater Tots	Breakfast for Lunch Pancakes, Eggs + Sausages

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				1	2
<b>Breakfast</b>				Cold Cereal Grain: Whole grain Cereal ( 2 oz) Dairy: Low fat/ Skim Milk ( 8oz.) Fruit: Banana ( 1 ea.)	Bagel & Cream Cheese Grain: WG Bagel (2oz) Fruit: Orange ( 1 whole) Dairy: Low fat/ Skim Milk (8oz)
<b>Lunch</b>				Chicken & Broccoli Alfredo Protein: Chicken Breast (4 oz) Grain: Whole Wheat Pasta (2 oz) Vegetable: Broccoli (3/4 cup) Fruit: Fresh Apple (1 whole) Dairy: Low-fat or skim milk (8 oz)	Meatballs + Mashed Potatoes Protein: Meatballs (3 oz) Grain: Mashed Potatoes (1/2 cup) Vegetable: Corn (3/4 cup) Fruit: Fresh Orange (1 whole) Dairy: Low-fat or skim milk (8 oz)
<b>Week 2</b>	5	6	7	8	9
<b>Breakfast</b>	Banana Bread Protein: Boiled Egg ( 1 ea) Grain: WG Banana Bread (2oz) Fruit: Apple (1 ea) Dairy: Low fat/Skim milk (8oz)	Fruit Parfait Protein: Plain Greek Yogurt (4 oz) Grain: Cinnamon Granola Fruit: Mixed Berries (4 oz) Honey Drizzle	Cold Cereal Grain: Whole grain Cereal ( 2 oz) Dairy: Low fat/ Skim Milk ( 8oz.) Fruit: Banana ( 1 ea.)	English Muffin, butter + Jelly Grain: WG English Muffin (2oz) Fruit: Apple ( 1 whole) Dairy: Low fat/ Skim Milk (8oz)	Cinnamon Roll, Bacon + Egg Protein: Turkey Bacon (1 oz) Boiled Egg (1 oz) Grain: Cinnamon Roll (2 oz) Dairy: Low fat/Skim Milk (8oz)
<b>Lunch</b>	Chicken Caesar Wrap Protein:Chicken Breast (4oz.) Grain: WW Flour Tortilla Fruit: Fruit Salad (2oz) Dairy: Low fat/Skim Milk (8oz)	Burrito, Rice, and Side Salad Protein:Ground Turkey (2 oz) Pinto Beans (2oz) Grain: WW Flour Tortilla (2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad ( 2oz)	Chicken Chow Mein Protein:Chicken (4oz) Grain: Wheat Noodles (4oz) Vegetable:Mixed Veg. (4oz) Fruit:Fruit Salad/ Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)	Turkey Sub + Sun Chips Protein: Deli Turkey (4oz) Grain:WW Sub Roll (2oz) Vegetable:Lettuce, Tomato, Pickle (2oz) Fruit: Fruit salad/whole fruit (2oz) Dairy: Low fat/Skim Milk (8oz)	Pizza Grain: WW Pizza Crust (2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)
<b>Week 3</b>	12		14	15	16
<b>Breakfast</b>	Smoothie Bowl Protein: Greek Yogurt (4oz) Grain:Granola+ Chia Seeds (2oz) Fruit: Mixed Berries Bananas(4oz)	Bagel & Cream Cheese Grain: WG Bagel (2oz) Fruit: Orange ( 1 whole) Dairy: Low fat/ Skim milk (8oz)	Banana Sunflower Butter Roll Ups Protein: Sunflower Butter ( 2 oz.) Grain: WW FLour Tortilla (2oz) Fruit: Banana ( 1 ea.) Dairy: Low fat/ Skim Milk (8oz)	Cold Cereal Grain: Whole grain Cereal ( 2 oz) Dairy: Low fat/ Skim Milk ( 8oz.) Fruit: Banana ( 1 ea.)	Blueberry Muffin Protein: Boiled Eggs ( 1 ea) Grain: WW Muffin (4oz) Fruit: Apple ( 1 ea.) Dairy: Low fat/Skim Milk (8oz)
<b>Lunch</b>	Beef Bulgogi Bowl	Haystacks Grain: Blue Corn Tortillas (2oz) Protein: Ground Turkey (2oz) Pinto Beans (1oz) Vegetable: Lettuce, Tomato, Olives (2oz) Fruit: Fruit Salad (2oz)	Stewed Chicken	Sloppy Joe + Sun Chips	Pizza Grain: WW Pizza Crust (2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)
<b>Week 4</b>	19	20	21	22	23
<b>Breakfast</b>	Fruit Parfait Protein: Plain Greek Yogurt (4 oz) Grain: Cinnamon Granola Fruit: Mixed Berries (4 oz) Honey Drizzle	Banana Bread Protein: Boiled Egg ( 1 ea) Grain: WG Banana Bread (2oz) Fruit: Apple (1 ea) Dairy: Low fat/ Skim milk (8oz)	English Muffin, butter + Jelly Grain: WG English Muffin (2oz) Fruit: Apple ( 1 whole) Dairy: Low fat/ Skim Milk (8oz)	Cold Cereal Grain: Whole grain Cereal ( 2 oz) Dairy: Low fat/ Skim Milk ( 8oz.) Fruit: Banana ( 1 ea.)	Lemon Berry Dutch Baby Grain: WW Dutch Baby (4oz) Fruit: Mixed Berries (2oz) Dairy: Low fat/Skim Milk (8oz)
<b>Lunch</b>	Meatloaf, Mashed Potatoes + Gravy Protein: Ground Turkey (4oz) Grain: WG Roll (1 ea) Fruit: Fruit Salad/Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)	Chicken Enchiladas + Yellow Rice Protein: Chicken (4oz) Grain: WW Flour Tortilla Fruit:Fruit Salad or Whole Fruit ( 4oz) Dairy: Low fat/ Skim Milk (8oz)	Chicken Pad Kee Mao + Cucumber Salad Protein: Chicken (4oz) Grain: Rice Noodles (2oz) Fruit: Fruit Salad/Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)	Hot Dog, Baked Beans + Sun Chips Protein: Turkey Hot Dogs ( 1 ea) Grain: WW Bun (2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit ( 2oz) Dairy:Low fat/ Skim Milk (8oz)	Pizza Grain: WW Pizza Crust (2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)
<b>Week 5</b>	26	27	28	29	30
<b>Breakfast</b>	Smoothie Bowl Protein: Greek Yogurt (4oz) Grain:Granola+ Chia Seeds (2oz) Fruit: Mixed Berries Bananas(4oz)	Bagel & Cream Cheese Grain: WG Bagel (2oz) Fruit: Orange (1 ea.) Dairy: Low fat/ Skim milk (8oz)	Cold Cereal Grain: Whole grain Cereal ( 2 oz) Dairy: Low fat/ Skim Milk ( 8oz.) Fruit: Apple ( 1 ea.)	Banana Sunflower Butter Roll Ups Protein: Sunflower Butter ( 2 oz.) Grain: WW FLour Tortilla (2oz) Fruit: Banana ( 1 ea.) Dairy: Low fat/ Skim Milk (8oz)	Double Chocolate Muffin Protein: Boiled Eggs ( 1 ea) Grain: WW Muffin (4oz) Fruit: Banana (1 ea.) Dairy: Low fat/Skim Milk (8oz)
<b>Lunch</b>	Chicken Stir Fry Rice + Spring Rolls Protein: Chicken (4oz) Grain: Rice (2oz) Vegetable: Mixed Veg. (2oz) Fruit: Fruit Salad/ Whole Fruit (2 oz) Milk: Low fat/ Skim Milk (8oz)	Chicken Tacos, Beans, + Rice Protein: Chicken (4oz) Grain: WW Tortillas (2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz) Milk: Low fat/Skim Milk (8oz)	Butter Chicken, Rice + Naan Protein: Chicken (4oz) Grain: Naan ( 2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz) Milk: Low fat/Skim Milk (8oz)	Loaded Fries/ Tater Tots Protein: Ground Turkey (4oz) Vegetable: Lettuce, Tomatoes (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz) Milk: Low fat/ Skim Milk (8oz)	Pizza Grain: WW Pizza Crust (2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)