Every breakfast comes with:	Entree, whole fruit, tea, milk,	or hot chocolate.				
Every lunch comes with:	Entree, side salad, fruit or fruit	salad, water, milk, or juice.				
		Taco Tuesday	World Food Wednesday	Sandwich Day	Fun Friday	
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast			31	1	2	
Entree Alternative: Cold Cereal.			Cream of Wheat + Toast	Turkey, Spinach + Cheese	French Toast , Eggs, Bacon	
				Quiche	Veg Alternative: Tofu Eggs, Veg Bacon	
Lunch						
Entree Alternative: Grilled Cheese			(Italian) Chicken & Broccoli	Meatball Sub + Chips	Pizza	
			alfredo, green beans, roll.	(Turkey, beef, vegan)		
Week 2						
	5	6	7	8	9	
Breakfast	Bacon, Cinnamon Roll + Eggs	Oatmeal + Toast	Bagel + smear, Boiled Egg +	Parfait , Granola, + Berries	Pancakes, Eggs + Sausages	
			Fruit Smoothie			
Lunch	Chicken Ceasar Wraps+ Fries	Burritos + tortilla chips	Chicken Chow Mein	Turkey Sub + Chips	Pizza	
Week 3						
vveek 3	12	13	14	15	16	
Breakfast	Sausage,Eggs + Hashbrowns	Cream of Wheat + Toast	Bagel + smear, Boiled Egg +	Sausage and Veggie Fritatta	Waffles, Eggs, + Bacon	
Dieariast	Sausage, Eggs 1 Hashbrowns	Oreall of Wheat 1 loast	Fruit Smoothie	Sausage and veggle i matta	Wallies, Eggs, 1 Dacon	
			Truit officialis			
Lunch	Beef Bulgogi Bowl	Haystacks	Stewed Chicken, Rice & Peas,	Sloppy Joe + Chips	Pizza	
			Cabbage.			
Week 4						
Week 4	19	20	21	22	23	
Breakfast	Bacon ,Muffin + Eggs	Oatmeal + Toast	Bagel + smear + fruit smoothie	Omellette + Toast	French Toast , Eggs, Bacon	
Dicariast	Bucon , Manin - Eggs	Odincal Floati	bager i sinical i mait sinicotnic	Omenetic Floudi	Trenen roust, Eggs, Busen	
Lunch	Meatloaf, Mashed Potatoes,	Chicken Enchiladas + Yellow	Chicken Pad Kee Mao +	Hot Dog, Baked Beans +	Pizza	
	Gravy + Broccoli.	Rice	Cucumber salad	Chips.		
Week 5						
AAAAA 2	26	27	28	29	30	
Breakfast	Sausage, Biscuit, Eggs, + Grits	Bagel + smear, Boiled Egg +	Cream of Wheat + Toast	Parfait , Granola, + Berries	Breakfast Pizza	
	Sassago, Distouit, Eggs, 1 Ollis	Fruit Smoothie	S.Sulli of Wilcut - Idast	. a.a., oranoa, . bennes	Dicarract 1 122a	
		Truit Officerite				
Lunch	Chicken Stirfry Rice +	Chicken Tacos, Beans, Rice	Butter Chicken, Basmati Rice	Loaded Fries / Tater Tots	Breakfast for Lunch	
	Spring Rolls		Buttered Naan		Pancakes, Eggs + Sausages	

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1				1	2	
				Cold Cereal	Bagel & Cream Cheese	
				Grain: Whole grain Cereal (2 oz) Dairy: Low fat/ SKim Milk (8oz.)	Grain: WG Bagel (2oz) Fruit: Orange (1 whole)	
Breakfast				Fruit: Banana (1 ea.)	Dairy: Low fat/ Skim milk (8oz)	
				Object of December 15	Meatballs + Mashed Potatoes	
				Chicken & Broccoli Alfredo Protein: Chicken Breast (4 oz)	Protein: Meatballs (3 oz)	
				Grain: Whole Wheat Pasta (2 oz)	Grain: Mashed Potatoes (1/2 cup) Vegetable: Corn (3/4 cup)	
				Vegetable: Broccoli (3/4 cup)	Fruit: Fresh Orange (1 whole)	
Lunch				Fruit: Fresh Apple (1 whole) Dairy: Low-fat or skim milk (8 oz)	Dairy: Low-fat or skim milk (8 oz)	
Luncii				Daily. Low-lat of Skill Hilk (0 02)	Modernodou August 2rd	
	5	6	7	8	9	
Week 2	5	ь	1	8	9	
	Banana Bread	Fruit Parfait		English Muffin, butter + Jelly	Cinnamon Roll, Bacon + Egg	
	Protein: Boiled Egg (1 ea) Grain: WG Banana Bread (2oz)	Protein: Plain Greek Yogurt (4 oz) Grain: Cinnamon Granola	Cold Cereal Grain: Whole grain Cereal (2 oz)	Grain: WG English Muffin (2oz) Fruit: Apple (1 whole)	Protein: Turkey Bacon (1 oz) Boiled Egg (1 oz)	
	Fruit: Apple (1 ea)	Fruit: Mixed Berries (4 oz)	Dairy: Low fat/ SKim Milk (8oz.)	Dairy: Low fat/ Skim Milk (8oz)	Grain: Cinnamon Roll (2 oz)	
Breakfast	Dairy: Low fat/Skim milk (8oz)	Honey Drizzle	Fruit: Banana (1 ea.)		Dairy: Low fat/Skim Milk (8oz)	
		Burrito, Rice, and Side Salad	Chicken Chow Mein	Turkey Sub + Sun Chips		
	Chicken Ceasar Wrap	Protein:Ground Turkey (2 oz)	Protein:Chicken (4oz)	Protein: Deli Turkey (4oz)	Pizza	
	Protien:Chicken Breast (4oz.)	Pinto Beans (2oz)	Grain: Wheat Noodles (2oz)	Grain:WW Sub Roll (2oz)	Grain: WW Pizza Crust (2oz)	
	Grain: WW Flour Tortilla	Grain: WW Flour Tortilla (20z)	Vegetable:Mixed Veg. (4oz)	Vegetable:Lettuce, Tomato, Pickle (2oz)	Vegetable: Side Salad (2oz)	
Lunch	Fruit: Fruit Salad (2oz) Dairy: Low fat/Skim Milk (8oz)	Vegetable: Side Salad (2oz) Fruit: Fruit Salad (2oz)	Fruit:Fruit Salad/ Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)	Fruit: Fruit salad/whole fruit (2oz) Dairy: Low fat/Skim Milk (8oz)	Fruit: Fruit Salad/ Whole Fruit (2oz) Dairy: Low fat/Skim Milk (8oz)	
	Bury: Eow laborativ Mink (602)	Truit Truit Guide (202)	Buily: Low laboratin mink (obz)	Daily: Low laboral Hillia (GGZ)	Daily: Low laborativism (co2)	
Week 3	12		14	15	16	
TTOOK 5	Smoothie Bowl		Banana Sunflower Butter Roll Ups	15	Blueberry Muffin	
	Protein: Greek Yogurt (4oz)	Bagel & Cream Cheese	Protien: Sunflower Butter (2 oz.)	Cold Cereal	Protein: Boiled Eggs (1 ea)	
	Grain:Granola+ Chia Seeds (2oz)	Grain: WG Bagel (2oz)	Grain: WW FLour Tortilla (2oz)	Grain: Whole grain Cereal (2 oz)	Grain: WW Muffin (4oz)	
	Fruit: Mixed Berries	Fruit: Orange (1 whole)	Fruit: Banana (1 ea.)	Dairy: Low fat/ SKim Milk (8oz.)	Fruit: Apple (1 ea.)	
Breakfast	Bananas(4oz)	Dairy: Low fat/ Skim milk (8oz)	Dairy: Low fat/ Skim Milk (8oz)	Fruit: Banana (1 ea.)	Dairy: Low fat/Skim Milk (8oz)	
		Haystacks				
		Grain: Blue Corn Tortillas (2oz)			Pizza	
		Protein: Ground Turkey (2oz) Pinto Beans (1oz)			Grain: WW Pizza Crust (2oz) Vegetable: Side Salad (2oz)	
		Vegetable: Lettuce, Tomato, Olives (2oz)			Fruit: Fruit Salad/ Whole Fruit (2oz)	
Lunch	Beef Bulgogi Bowl	Fruit: Fruit Salad (2oz)	Stewed Chicken	Sloppy Joe + Sun Chips	Dairy: Low fat/Skim Milk (8oz)	
Week 4	19	20	21	22	23	
	Fruit Parfait	Banana Bread	English Muffin, butter + Jelly			
	Protein: Plain Greek Yogurt (4 oz)	Protein: Boiled Egg (1 ea)	Grain: WG English Muffin (2oz)	Cold Cereal	Lemon Berry Dutch Baby	
	Grain: Cinnamon Granola	Grain: WG Banana Bread (2oz)	Fruit: Apple (1 whole)	Grain: Whole grain Cereal (2 oz)	Grain: WW Dutch Baby (4oz)	
	Fruit: Mixed Berries (4 oz)	Fruit: Apple (1 ea)	Dairy: Low fat/ Skim Milk (8oz)	Dairy: Low fat/ SKim Milk (8oz.)	Fruit: Mixed Berries (2oz)	
Breakfast	Honey Drizzle	Dairy: Low fat/Skim milk (8oz)		Fruit: Banana (1 ea.)	Dairy: Low fat/Skim Milk (8oz)	
			Chicken Pad Kee Mao +	Hot Dog, Baked Beans + Sun Chips		
	Meatloaf, Mashed Potatoes + Gravy	Chicken Enchiladas + Yellow Rice	Cucumber Salad	Protein: Turkey Hot Dogs (1 ea)	Pizza	
	Protein: Ground Turkey (4oz) Grain: WG Roll (1 ea)	Protein: Chicken (4oz) Grain: WW Flour Tortilla	Protein: Chicken (4oz) Grain: Rice Noodles (2oz)	Grain: WW Bun (2oz) Vegetable: Side Salad (2oz)	Grain: WW Pizza Crust (2oz) Vegetable: Side Salad (2oz)	
	Fruit: Fruit Salad/Whole Fruit (2oz)	Fruit:Fruit Salad or Whole Fruit (4oz)	Fruit: Fruit Salad/Whole Fruit (2oz)	Fruit: Fruit Salad/ Whole Fruit (2oz)	Fruit: Fruit Salad/ Whole Fruit (2oz)	
Lunch	Dairy: Low fat/Skim Milk (8oz)	Dairy: Low fat/ Skim Milk (8oz)	Dairy: Low fat/Skim Milk (8oz)	Dairy:Low fat/ Skim Milk (8oz)	Dairy: Low fat/Skim Milk (8oz)	
Week 5	26	27	28	29	30	
	Smoothie Bowl			Banana Sunflower Butter Roll Ups	Double Chocolate Muffin	
	Protein: Greek Yogurt (4oz) Grain: Granola+ Chia Seeds (2oz)	Bagel & Cream Cheese	Cold Cereal	Protien: Sunflower Butter (2 oz.) Grain: WW FLour Tortilla (2oz)	Protein: Boiled Eggs (1 ea)	
	Fruit: Mixed Berries	Grain: WG Bagel (2oz)	Grain: Whole grain Cereal (2 oz)	Fruit: Banana (1 ea.)	Grain: WW Muffin (4oz)	
Breakfast	Bananas(4oz)	Fruit: Orange (1 ea.) Dairy: Low fat/ Skim milk (8oz)	Dairy: Low fat/ SKim Milk (8oz.) Fruit: Apple (1 ea.)	Dairy: Low fat/ Skim Milk (8oz)	Fruit: Banana (1 ea.) Dairy: Low fat/Skim Milk (8oz)	
J. ounidat		Jany. Low law Skill Hillk (602)	Truit. Apple (Tea.)		Daily. LOW ISO SKITT WIRK (OUZ)	
	Chiekon Stir Eng Bion + Spring Della	Chickon Toogs Rooms + Direc				
	Chicken Stir Fry Rice + Spring Rolls Protein: Chicken (4oz)	Chicken Tacos, Beans, + Rice Protein: Chicken (4oz)	Butter Chicken, Rice + Naan			
			Protein: Chicken (4oz)	Loaded Fries/ Tater Tots	Pizza	
	Grain: Rice (2oz)	Grain: WW Tortillas (2oz)				
	Vegetable: Mixed Veg. (2oz)	Vegetable: Side Salad (2oz)	Grain: Naan (2oz)	Protein: Ground Turkey (4oz)	Grain: WW Pizza Crust (2oz)	
	Grain: Rice (2oz) Vegetable: Mixed Veg. (2oz) Fruit: Fruit Salad/ Whole Fruit (2 oz) Milk: :Low fat/ Skim Milk (8oz)	Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz) Milk: Low fat/Skim Milk (8oz)			Grain: WW Pizza Crust (2oz) Vegetable: Side Salad (2oz) Fruit: Fruit Salad/ Whole Fruit (2oz)	