

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
½ C. Scrambled eggs (Breakfast Burritos)	½ C. Cheerios	¼ C. Oatmeal	½ C. Life	½ C. Scrambled eggs
½ Flour tortilla	¼ C. Apples	¼ C. Honey dew melon	¼ C. Bananas	½ oz. Cheese
¼ C. Pears	½ C. Milk	½ C. Milk	½ C. Milk	½ English Muffin
½ C. Milk				¼ C. Mandarin Oranges
				½ C. Milk
Ketchup		Honey or brown sugar		
Salsa				
LUNCH				
1 oz. Chicken marsala	1 oz. Turkey lunch meat	1 oz. Sweet & Sour Pork	1 oz. Meatloaf	1 oz. Pot roast
¼ C. Toasted orzo	½ Slice whole wheat bread	¼ C. Peas	¼ C. Green beans	¼ C. Red potatoes
¼ C. Sautéed spinach	½ oz. Cheese	¼ C. Brown rice	¼ C. Pineapple	¼ C. Corn
¼ C. Cantaloupe	½ C. Italian wedding soup ~or~ chips	¼ C. Fruit cocktail	¼ C. Mashed potatoes	¼ C. Pears
½ C. Milk	¼ C. Carrots	½ C. Milk	½ Slice whole wheat bread	½ C. Milk
	¼ C. Orange		½ C. Milk	
	½ C. Milk			
	Mustard		Ketchup	
	Mayo			
SNACK				
½ C. Carrots	½ oz. Shredded Cheese	2 oz. Yogurt	½ Slice of cinnamon toast	¼ C. Nilla Waffers
¼ C. Ritz Crackers	½ Flour tortilla	½ C. Dried cranberries	½ C. Grapes	½ C. Apples
1 Tbsp. Hummus				

WEEK 2				
Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
¼ C. Oatmeal	2 Waffle sticks	½ C. Crispix	1 Ham & cheese omelet	½ C. Raisin Bran
¼ C. Raisins	1 ½ oz. Ham steaks	¼ C. Bananas	½ Slice of toast	¼ C. Bananas
½ C. Milk	¼ C. Grapes	½ C. Milk	¼ C. Mandarin oranges	½ C. Milk
	½ C. Milk		½ C. Milk	
Honey or brown sugar				
LUNCH				
¼ C. Whole wheat rotini	1 oz. Roast beef	1 oz. Roasted turkey breasts	1 oz. Jamaican Jerk Chicken	1 oz. Crispy baked catfish
1 oz. Meat sauce	½ Slice whole wheat bread	¼ C. Peas and carrots	¼ C. Coconut black bean rice	¼ C. Country mashed potatoes
	½ oz. Cheese	¼ C. Mashed potatoes	¼ C. Okra w/ sautéed tomato	¼ C. Cucumber
¼ C. Corn	½ C. Chicken noodle soup (Canned) ~or~ chips	¼ C. Apples	¼ C. Oranges	¼ C. Apple sauce
¼ C. Grapes	¼ C. Raw broccoli	½ Slice of Whole wheat bread	½ C. Milk	½ C. Milk
½ C. Milk	¼ C. Oranges	½ C. Milk		
	½ C. Milk			
Parmesan Cheese	Mustard			
	Mayo			
	Hummus			
SNACK				
½ C. Apples	1 Nutri-Grain bars	2 oz. Yogurt	½ C. Peaches	1 Tbsp. Peanut butter (roll ups)
¼ C. Pretzels	½ C. Dried apricots	1/8 C. Granola	½ oz. Cottage cheese	1 tsp. Jelly
				½ Flour tortilla

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
4 oz. Yogurt	½ C. Scrambled eggs (Breakfast burritos)	½ C. Life	¼ C. Cream of wheat	1 Pancake
1/8 C. Granola	1 Flour tortilla	¼ C. Bananas	¼ C. Pineapple	1 slice of Bacon
¼ C. Strawberries	¼ C. Grapes	½ C. Milk	½ C. Milk	¼ C. Apples
½ C. Milk	½ C. Milk			½ C. Milk
	Ketchup		Honey or brown sugar	Syrup
	Salsa			
LUNCH				
1 oz. Rotisserie chicken	1 oz. Ham	1 oz. Burgers	1 oz. Steak Milanese	1 oz. Pan roasted salmon
¼ C. Green beans	½ Slice whole wheat bread	½ Whole wheat buns	¼ C. Roasted zucchini	¼ C. Steamed baby carrots
¼ C. Mashed Potatoes	½ oz. Cheese	½ oz. Cheese	¼ C. Cantaloupe	1 Whole wheat dinner roll
¼ C. Apples	½ C. Gumbo ~or~ chips	¼ C. Raw broccoli	1 Whole wheat dinner roll	¼ C. Grapes
½ Slice of whole wheat bread	¼ C. Carrots	¼ C. Peaches	½ C. Milk	½ C. Milk
½ C. Milk	¼ C. Oranges	½ C. Milk		
	½ C. Milk			
	Mustard	Ketchup		
	Mayo	Mustard		
		Mayo		
		Hummus		
SNACK				
½ C. Dried cherries	½ C. Cucumbers	½ oz. (1) String cheese	½ Slice of cinnamon toast	½ C. Carrots
¼ C. Ritz Crackers	¼ C. Cheese crackers	¼ C. Saltines	½ C. Banana	1 Tbsp. Hummus

WEEK 4				
Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
¼ C. Oatmeal	¾ C. Scrambled eggs	½ C. Cheerios	2 Waffle sticks	½ C. Crispix
¼ C. Dried cranberries	½ Slice of toast	¼ C. Bananas	½ Sausage link	¼ C. Apples
½ C. Milk	¼ C. Peaches	½ C. Milk	¼ C. Applesauce	½ C. Milk
	½ C. Milk		½ C. Milk	
Honey or brown sugar	Ketchup			
LUNCH				
1 oz. Chicken fajita	½ French Dip Sandwich	1 oz. Maple glazed pork loin	1 oz. Chicken & broccoli casserole	1 Slice of pepperoni pizza
1 Tortilla shell	½ C. Chicken & dumpling soup ~or~ chips	¼ C. Brussel sprouts	¼ C. Peas	¼ C. Salad
½ oz Shredded cheese	¼ C. Glazed carrots	¼ C. Mashed potatoes	¼ C. Mandarin oranges	¼ C. Pineapple
¼ C. Corn	¼ C. Oranges	1 Whole wheat dinner roll	½ C. Milk	½ C. Milk
¼ C. Mexican rice	½ C. Milk	¼ C. Grapes		
¼ C. Apples		½ C. Milk		
½ C. Milk				
				Ranch for salad
SNACK				
½ C. Mandarin oranges	½ oz. (1) String cheese	½ C. Celery	2 oz. Yogurt	½ oz. Shredded Cheese
½ oz. Cottage cheese	1/3 C. Saltines	1 Tbsp. Peanut butter	1/3 C. Dried apricots	½ Flour tortilla

WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
½ Ham & cheese omelet	½ C. Raisin Bran	4 oz. Yogurt	¼ C. Cream of Wheat	¾ C. Scrambled eggs
½ Slice of toast	¼ C. Apples	1/8 C. Granola	¼ C. Strawberries	½ English muffin
¼ C. Pears	½ C. Milk	¼ C. Grapes	½ C. Milk	¼ C. Honey dew melon
½ C. Milk		½ C. Milk		½ C. Milk
			Honey or brown sugar	Ketchup
LUNCH				
1 oz. Mediterranean herb chicken	1 oz. Ham lunch meat	1 oz. Chicken parmesan	1 oz. Beef brisket	1 oz. Baked ziti
¼ C. Peas	½ Slice whole wheat bread	¼ C. Garlic roasted green beans	¼ C. Mac & cheese	¼ C. Sautéed zucchini
¼ C. Cheddar mashed potatoes	¼ C. Potato soup ~or~ chips	¼ C. Whole wheat pasta	¼ C. Steamed broccoli	¼ C. Bananas
¼ C. Bananas	¼ C. Carrots	¼ C. Pineapple	¼ C. Applesauce	½ C. Milk
½ C. Milk	¼ C. Oranges	½ C. Milk	½ C. Milk	
	½ C. Milk			
	Mustard			Parmesan Cheese
	Mayo			
SNACK				
1 Tbsp. Peanut butter (roll ups)	1 Nutri-Grain bars	¼ C. Ritz crackers	¼ C. Pretzels	½ C. Dried apricots
1 tsp. Jelly	½ C. Dried cherries	½ C. Raisins	½ C. Cucumber	¼ C. Graham crackers
½ Flour tortilla			1 Tbsp. Hummus	