

Week 1	2	3	4	5	6
Pre-Breakfast	Fig Bar	Smoothie	Mini muffins	Pastry crisp	Milk & cereal
Breakfast	Yogurt, toast, peaches	Waffles, syrup, blueberries	Scrambled eggs, cheese, biscuit, cantaloupe	Golden Hashbrown, WG toast, pineapple	WG cereal, strawberries
Lunch	Chicken nuggets, corn, pineapple, WG crackers	Mac-n-cheese w hotdogs, green beans, fruit cocktail	Turkey Pepperoni, cheese pizza on WG bun, garden salad, applesauce	Chicken alfredo, roasted brocolli, mixed fruit	WG turkey & cheese sandwich, sunchips, cucumber, watermelon
Snack PM	Graham crackers, bananas	Goldfish, 100% apple juice	Club crackers, fresh veggies	Pretzels, cubed cheese	Ritz, string cheese
Week 2	9	10	11	12	13
Pre-Breakfast	Nutrigrain bar	Yogurt, dried fruit	Cereal & milk	Beef kolache	String cheese
Breakfast	Oatmeal, peaches	French toast sticks, syrup, blueberries	Scrambled eggs, WG toast, cantaloupe	WG cereal, bananas	Turkey sausage. WG toast, strawberries
Lunch	Meatballs & gravy, mash potatoes, peas, pineapple, WG bread	Beef hotdogs, ranch style beans, cucumber salad, apple slices	Spaghetti & meat sauce, corn, fruit cocktail	Sloppy Joes on a WG bun, green beans, mixed fruit	Chicken sandwich, sunchips, carrots, watermelon
Snack PM	Cheez its, sliced turkey	Animal crackers, raisins	Crackers, cheese	Graham crackers, apple sauce	Trail mix, 100% apple juice
Week 3	16	17	18	19	20
Pre-Breakfast	Fig Bar	Smoothie	Mini muffins	Pastry crisp	Milk & cereal
Breakfast	Yogurt, toast, peaches	Waffles, syrup, blueberries	Scrambled eggs, cheese, biscuit, cantaloupe	Golden Hashbrown, WG toast, pineapple	WG cereal, strawberries
Lunch	Chicken nuggets, corn, pineapple, WG crackers	Mac-n-cheese w hotdogs, green beans, fruit cocktail	Turkey Pepperoni, cheese pizza on WG bun, garden salad, applesauce	Chicken alfredo, roasted brocolli, mixed fruit	WG turkey & cheese sandwich, sunchips, cucumber, watermelon
Snack PM	Graham crackers, bananas	Goldfish, 100% apple juice	Club crackers, fresh veggies	Pretzels, cubed cheese	Ritz, string cheese
Week 4	23	24	25	26	27
Pre-Breakfast	Nutrigrain bar	Yogurt, dried fruit	Cereal & milk	Beef kolache	String cheese
Snack AM	Oatmeal, peaches	French toast sticks, syrup, blueberries	Scrambled eggs, WG toast, cantaloupe	WG cereal, bananas	Turkey sausage. WG toast, strawberries
Lunch	Meatballs & gravy, mash potatoes, peas, pineapple, WG bread	Beef hotdogs, ranch style beans, cucumber salad, apple slices	Spaghetti & meat sauce, corn, fruit cocktail	Sloppy Joes on a WG bun, green beans, mixed fruit	Chicken sandwich, sunchips, carrots, watermelon
Snack PM	Cheez its, sliced turkey	Animal crackers, raisins	Crackers, cheese	Graham crackers, apple sauce	Trail mix, 100% apple juice
Week 5	30	1	2	3	4
Breakfast	Fig Bar				
Snack AM	Yogurt, toast, peaches				
Lunch	Chicken nuggets, corn, pineapple, WG crackers				
Snack PM	Graham crackers, bananas				