

Week 1	31	1	2	3	4
Breakfast		Waffles, Turkey sausage, and Oranges	Whole Grain Cheese Toast and Apples	Whole Grain Cereal, Bananas	Waffles and Apple Sauce
Lunch		Chicken Teriyaki, Rice, Broccoli, and Mixed Fruit	Mac and Cheese, Green Beans, and Peaches	Rice with Pinto Beans, Corn, and Mixed Fruit	Cheese Pizza, Salad, and Oranges
Snack PM		Crackers & Apple Juice	Graham Crackers and Greek Yogurt	Pretzels and Hummus	Whole Wheat Crackers and Cheese Sticks
Dinner		Cheese Quesadillas, Mixed Vegetables and Peaches	Homemade Turkey and Cheese Lunchables, crackers, salad, and watermelon	Chicken Nuggets,, Cucumber slices and Strawberries	Homemade Chicken Salad Sandwich, Apples and Carrot Sticks
Week 2	7	8	9	10	11
Breakfast		Pancakes, Turkey sausage, and Oranges	Whole Grain Cheese Toast and Apple Sauce	Whole Grain Cereal, Bananas	Waffles and Apple Sauce
Lunch		Meatballs w/ Brown Gravy, Mashed potatoes, Sliced Bread, and Apples	Grilled Chicken, Rice, Broccoli, and Cantaloupe	Grilled Cheese sandwich, Tomato Soup and Oranges	Chicken Nuggets, Mashed Potatoes, Whole Grain Bread, and Watermelon
Snack PM		Whole Grain Goldfish w/ Apple Juice	Graham Crackers and Apple Juice	Crackers w/ Cheese Stick	Corn Tortilla Chips w/ Nacho Cheese
Dinner		Grilled Cheese, watermelon, and Broccoli	Homemade Turkey and Cheese Lunchables, crackers, salad, and Berries	Homemade Chicken Salad Sandwich Peaches, baby Carrots	Cheese Quesadillas, Mixed Vegetables and Fresh Fruit
Week 3	14	15	9	17	18
Breakfast	Whole Grain Cereal, sliced Apples	Pancakes, Turkey sausage, and Oranges	Whole Grain Cheese Toast and Apples	Whole Grain Cereal, Bananas	Waffles and Apple Sauce
Lunch	Cheesy Chicken Rice Casserole, Broccoli, and Oranges	Chicken Soft tacos, Black Beans, corn, Cantaloupe	Tater Tot casserole, Dinner Roll, and peaches	Chicken Alfredo, Green Beans and Oranges	Whole Grain Mac and cheese, peas carrots and Berries
Snack PM	Hummus and Pretzels	Whole Grain Goldfish and 100% Juice	Animal Crackers and Apple juice	Apple Sauce and Graham Crackers	Blueberry Muffin and Apple Slices
Dinner	Grilled Cheese, Oranges and Broccoli	Cheese Quesadillas, Mixed Vegetables and Peaches	Homemade Turkey and Cheese Lunchables, crackers, salad, and oranges	Homemade Chicken Salad Sandwich, Mixed Fruit, and Carrot Sticks	Chicken Nuggets, Cucumber slices, and Strawberries
Week 4	21	22	23	24	25
Breakfast	Whole Grain Cereal, Oranges	Pancakes, Turkey sausage, and Apple	Whole Grain Cheese Toast and Apples	Whole Grain Cereal, Bananas	Waffles and Applesauce
Lunch	Grilled Chicken, Rice, Broccoli, and Watermelon	Spaghetti with Meatballs, Whole Grain Bread, Green Beans and Berries	Chicken Soft tacos, Black Beans, corn, Cantaloupe	Grilled Cheese, Tomato soup, and peaches	Chicken Nuggets, Mashed Potatoes, Dinner Rolls and Oranges
Snack PM	Corn Tortilla Chips w/ Nacho Cheese	Animal Crackers and Apple Juice	Cheez Crackers and 100% Juice	Crackers w/ Cheese Stick	Whole Grain Trail mix w/ 100% Juice
Dinner	Homemade Turkey and Cheese Lunchables, crackers, salad, and Banana	Grilled Cheese, Oranges and Broccoli	Homemade Turkey and Cheese Lunchables, crackers, salad, and oranges	Homemade Chicken Salad Sandwich, Apples, baby Carrots	Cheese Quesadillas, Mixed Vegetables, and mixed fruit
Week 5	28	29	30	1	2
Breakfast	Whole Grain Cereal, Pears	Pancakes, Turkey sausage, and Oranges	Whole Grain Cheese Toast and Apples		
Lunch	Homemade Baked Ziti, Green Beans, and apples	Chicken Teriyaki, rice, Mixed Vegetables and Berries	Chicken Soft tacos, Black Beans, corn, Oranges		
Snack PM	Cheez-it w/ 100% Juice	Crackers w/ Cheese Stick	Whole grain Goldfish and 100% Juice		
Dinner	Grilled Cheese, Oranges and Broccoli	Cheese Quesadillas, Mixed Vegetables and Cantaloupe	Homemade Turkey and Cheese Lunchables, crackers, salad, and oranges		