

Week 1	28	29	30	31	1
Breakfast					Cereal/ Yogurt/ Milk/Water
Snack AM					Apple Cinnamon Muffins
Lunch					Turkey & Cheese Wrap/ Veggie Straws/ Fruit/Milk/Water
<i>Vegetarian</i>					Cheese Wrap
Snack PM					Tortilla Chips
Week 2	4	5	6	7	8
Breakfast		French Toast & Apples Slices/Milk/Water	Fruit Parfait w/Granola/Milk/Water	Breakfast Tacos/Apple Slices/Milk/Water	Cereal/ Yogurt/ Milk/Water
Snack AM		Yogurt With Fruit/Water	Cantaloupe Chunks/Water	Wheat Thins & String Cheese/Water	Pudding & Nilla Wafers/Water
Lunch		Cheese Pizza, Corn, Pineapple/Milk/Water National Cheese Pizza Day	Turkey Meatball & Rice Stew w. Vegetables/ Mandarin Oranges/Milk/Water	Chicken & Broccoli Fettuccine Alfredo/ Pears/Milk/Water	Chicken Patty Sandwich ,Sweet corn Salad , Medley Fruit/Milk/Water
<i>Vegetarian</i>		Cheese Pizza	Plant Based Burgers/ Rice	Fettuccine Alfredo	Veggie Patty Sandwich
Snack PM		Goldfish Crackers/Water	Cheerios & Raisins/Water	Nutri Grain Bars/Water	Strawberry Muffins/Water
Week 3	11	12	13	14	15
Breakfast	Cereal/ Yogurt/Milk/Water	Cheese Toast & Apple Slices/Milk/Water	Waffles & Fresh Peaches Slices/Milk/Water	Eggs & Turkey Sausage/Milk/Water	Cereal/ Yogurt/Milk/Water
Snack AM	Blueberry Biscuits (Belvita)/Water	Cinnamon Chex Mix & Raisins /Water	S'mores Snack Mix /Water International Chocolate Day	Pumpkin Spices Cookies/Water	Cheerios & Banana/Water
Lunch	Chicken Burrito, Pinto Beans & Pears/Milk/Water	Chicken & Veggie Enchilada Casserole, Corn Chips & Mandarin Oranges/Milk/Water	Chicken Pesto Pasta/Strawberry Spinach Salad/ Pineapples/Milk/Water	Lasagna/ Broccoli/Peaches/Milk/Water	Chicken Caesar Wrap/ Veggie Straws/ Fruit Medley/Milk/Water
<i>Vegetarian</i>	Cheese Beans Burritos	Cheese Enchilada C.	Nut free Pesto Pasta	Spaghetti	Caesar Wrap
Snack PM	Pretzels and Cube Cheese/Water	Apple Pie Puff/Water	Jell-O/ Whipped Cream/Water	Veggie Straws/Water	Tortilla Chips & Salsa/Water
Week 4	18	19	20	21	22
Breakfast	Cereal/ Yogurt/Milk/Water	Honey Butter Biscuits & Jelly/ Orange Slices/Milk/Water	Pancakes & Fresh Strawberries/Milk/Water	Eggs & Turkey Bacon/Milk/Water	Cereal/ Yogurt/Milk/Water
Snack AM	Nutri Grain Bars/Water	Wheat Thins & String Cheese/Water	Cantaloupe Chunks/Water	Rice Cake & Yogurt/Water	Blueberry Muffins/Water
Lunch	Cheeseburger/ Baked Chips/ Pineapple/Milk/Water National Cheeseburger Day	Chicken Broccoli Rice Casserole/ Mandarin Oranges/Milk/Water	Chicken Nuggets / Confetti Mac & Cheese/ Pears/Milk/Water	Veggie Minestrone/ Saltine Crackers/ Peaches/Milk/Water	Turkey & Cheese Croissant/ Salad/ Fruit Medley//Milk/Water
<i>Vegetarian</i>	Plant Based Burgers	Plant Based Nuggets/ Veg. Rice	Plant Based Nuggets	Veggie Minestrone	Cheese Croissant
Snack PM	Veggie Chips/Water	Trail Mix/Water	Cheez It/Water	White Cheddar Puff/Water	Chex Mix/Water
Week 5	25	26	27	28	29
Breakfast	Cereal/ Yogurt/Milk/Water	Turkey Sausage & Hash Brown/Milk/Water	French Toast & Apples Slices/Milk/Water	Bagel's w/ Cream Cheese/Milk/Water	Cereal/ Yogurt/Milk/Water
Snack AM	Ritz Crackers & American Cheese/Water	Yogurt Parfait/ Graham Crackers/Water	Rice Cake and Apple Sauce/Water	Cheerios & Banana/Water	Blueberry & Raspberry Bars/Water
Lunch	Chicken & Cheese Quesadilla/ Corn/ Pineapples/Milk/Water National Quesadilla Day	Chicken Pasta Soup/ Crackers, Peaches/Milk/Water	Chicken Waffles/Salad/ Pears/Milk/Water	Meatball Spaghetti, Garlic Toast & Mandarin Oranges/Milk/Water	Fish Sticks/Mashed Potatoes/ Peaches/Milk/Water
<i>Vegetarian</i>	Cheese Quesadilla	Veggie Pasta Soup	Plant Based Nugget	Spaghetti	Plant Based Nuggets
Snack PM	Goldfish Crackers/Water	Saltine Crackers & String Cheese/Water	Apple Pie Puff/Water	Oatmeal & Raisins Cookies/Water	Veggie Straws/Water