

Note that all meals are served with 2% milk and whole milk for 150/200. Gym kids will receive bolded snack. * Indicates alternative whole grain snack for 150/200.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheese Toast	Yogurt	Fruit & Grain Bar	Waffles & Syrup	Cereal
AM	Strawberries or Oranges	Apples	Raisins	Bananas	Seasonal Fruit
Lunch	Cheese Pizza & Salad w/ Ranch	Spaghetti w/ Meat Sauce, Toast & Corn	Chicken Patty On A Bun, Fries & Green Beans	Chicken Cheese Quesadilla, Rice & Carrots	Grilled Cheese & Tomato Soup
<i>Vegetarian</i>	<i>N/A</i>	<i>Spaghetti w/ Sauce</i>	<i>Grilled Cheese</i>	<i>Cheese Quesadilla</i>	<i>N/A</i>
PM	*Carrot w/ Ranch	Cheese & Crackers	Cucumbers & Ranch	*Tortilla Chips & Salsa	Fruit Yogurt
Late PM	Fruit Fig Bars	Oatmeal Cookies	Cheese Sticks	Gold Fish	Animal Crackers
Week 2					
Breakfast	Cheese Quesadilla	Pancakes & Syrup	Hash browns	French Toast	Toast w/ Jelly
AM	Raisins	Apples	Bananas	Strawberries or Oranges	Seasonal Fruit
Lunch	Fish Sticks, Noodles & Carrots	Meatloaf, Mashed Potatoes & Peas	Shredded Chicken, Rice & Mixed Veggies	Meatballs w/ Gravy, Noodles & Veggies	Chicken Nuggets, Fries & Corn
<i>Vegetarian</i>	<i>Cheese Ravioli</i>	<i>Veggie Loaf</i>	<i>Beans</i>	<i>Veggie Balls</i>	<i>Veggie Nuggets</i>
PM	Veggie Straws	Cinnamon Tortillas	Vanilla Pudding	Crackers & Veggie Dip	Cheese Stick
Late PM	Graham Crackers	*Pretzels	Vanilla Wafers	Cheese Nips	Snack Mix
Week 3					
Breakfast	Cheese Toast	Yogurt	Fruit & Grain Bar	Waffles & Syrup	Cereal
AM	Strawberries or Oranges	Apples	Raisins	Bananas	Seasonal Fruit
Lunch	Turkey Fingers, Mashed Potatoes & Peas	Chicken Fettuccini & Salad w/ Italian	French Toast, Turkey Bacon & Applesauce	Turkey Soft Tacos, Spanish Rice & Salad	Mac/Cheese & Green Beans
<i>Vegetarian</i>	<i>Bean/Cheese Burrito</i>	<i>Fettuccini Alfredo</i>	<i>Hash browns</i>	<i>Cheese Quesadilla</i>	<i>N/A</i>
PM	*Carrot w/ Ranch	Cheese & Crackers	Cucumbers & Ranch	*Tortilla Chips & Salsa	Fruit Yogurt
Late PM	Fruit Fig Bars	Oatmeal Cookies	Cheese Sticks	Gold Fish	Animal Crackers
Week 4					
Breakfast	Cheese Quesadilla	Pancakes & Syrup	Hash browns	French Toast	Toast w/ Jelly
AM	Raisins	Apples	Bananas	Strawberries or Oranges	Seasonal Fruit
Lunch	Popcorn Chicken, Mashed Potatoes & Carrots	Burrito w/ Cheese & Mixed Veggies	Hamburger, Fries & Garden Salad	Beef Lasagna, Toast & Corn	Chicken Veggie Noodle Soup & Saltine Crackers
<i>Vegetarian</i>	<i>Veggie Nuggets</i>	<i>Cheese Quesadilla</i>	<i>Garden Burger</i>	<i>Veggie Lasagna</i>	<i>Tomato Soup</i>
PM	Veggie Straws	Cinnamon Tortillas	Vanilla Pudding	Crackers & Veggie Dip	Cheese Stick
Late PM	Graham Crackers	*Pretzels	Vanilla Wafers	Cheese Nips	Snack Mix