

Week 1	3	4	5	6	7
Breakfast	Whole Grain Cereal & Bananas	Pancakes, Turkey Sausage & Oranges	Whole Grain Cheese Toast & Apples	Whole Grain Cereal & Bananas	Waffles & Apple Sauce
Lunch	Homemade Baked Ziti, Green Beans & Apples	Chicken Teriyaki Rice, Mixed Vegetables & Mixed Fruit	Mac & Cheese, Carrots & Peaches	Rice w/ Mild Chili Beans, Corn & Mixed Fruit	Cheese Pizza, Salad & Oranges
Snack PM	Cheez-Itz w/ Apple Juice	Animal Crackers & Apple Juice	Graham Crackers & Greek Yogurt	Pretzels & Nacho Cheese	Whole Wheat Crackers and Cheese Sticks
Dinner	Grilled Cheese, Oranges & Broccoli	Cheese Quesadillas, Mixed Vegetables & Bananas	Homemade Turkey & Cheese Lunchables, Crackers, Salad & Mixed Fruit	Chicken Alfredo, Cucumber Slices & Apples	Homemade Chicken Salad Sandwich & Carrots
Week 2	10	11	12	13	14
Breakfast	Whole Grain Cereal & Bananas	Pancakes, Turkey Sausage & Oranges	Biscuits w/ Jam & Mixed Fruit	Whole Grain Cereal & Bananas	Waffles & Apple Sauce
Lunch	Chicken Nuggets & French Fries	Meatballs w/ BBQ Sauce, Mashed Potatoes, Sliced Bread & Apples	Rice w/ Mild Chili Beans, Corn & Mixed Fruit	Grilled Cheese Sandwich, Tomato Soup & Oranges	Chicken Nuggets, Mashed Potatoes, Whole Grain Bread & Apples
Snack PM	Animal Crackers w/ Juice	Wholes Grain Goldfish w/ Juice	Graham Crackers & Apple Juice	Crackers w/ Cheese sticks	Animal Crackers & Apple Juice
Dinner	Homemade Turkey & Cheese Lunchables, Crackers, Salad & Peaches	Grilled Cheese, Bananas & Broccoli	Mac and Cheese, Cucumber Slices & Apples	Homemade Chicken Salad Sandwich, Peaches & Carrots	Cheese Quesadillas, Mixed Vegetables and Bananas
Week 3	17	18	19	20	21
Breakfast	Whole Grain Cereal & Bananas	Pancakes, Turkey Sausage & Oranges	Whole Grain Cheese Toast & Apples	Whole Grain Cereal & Bananas	Waffles & Apple Sauce
Lunch	Cheesy Chicken Rice Casserole, Broccoli & Apples	Soft Chicken Tacos, Black Beans, Corn & Bananas	Chicken Penne Alfredo, Green Bean & Oranges	Tater Tot Casserole, Dinner Roll, & Peaches	Whole Grain Mac & Cheese, Peas, Carrots and Mixed Fruit
Snack PM	Nacho Cheese & Pretzels	Whole Grain Goldfish & Juice	Graham Crackers & Apple Juice	Greek Yogurt & Cheerios	Blueberry Muffin & Apples
Dinner	Grilled Cheese, Oranges & Broccoli	Cheese Quesadillas, Mixed Vegetables & Peaches	Homemade Turkey & Cheese Lunchables, Crackers, Salad & Bananas	Homemade Chicken Salad Sandwich, Mixed Fruit & Carrots	Grilled Cheese, Oranges & Broccoli
Week 4	24	25	26	27	28
Breakfast	Whole Grain Cereal & Bananas	Pancakes, Turkey Sausage & Oranges	Biscuits w/ Jam & Apple Slices	Whole Grain Cereal & Bananas	Waffles & Apple Sauce
Lunch	Rice w/ Ranch Style Beans, Corn & Apples	Spaghetti w/ Meatballs, Whole Grain Bread, Green Beans & Bananas	Soft Chicken Tacos, Black Beans, Corn & Mixed Fruit	Grilled Cheese, Tomato Soup & Peaches	Chicken Nuggets, Mashed Potatoes, Dinner Rolls & Mixed Fruit
Snack PM	Corn Tortilla Chips w/ Nacho Cheese	Animal Crackers & Apple Juice	Cheez Crackers & Apple Juice	Crackers w/ Cheese Slice	Blueberry Muffins & Apple Juice
Dinner	Homemade Turkey & Cheese Lunchables, Crackers, Salad & Bananas	Grilled Cheese, Oranges & Broccoli	Bake Ziti, Cucumber Slices & Mixed Fruit	Homemade Chicken Salad Sandwich, Bananas, Carrots	Cheese Quesadillas, Mixed Vegetables & Peaches
Week 5	31	1	2	3	4
Breakfast	Whole Grain Cereal & Bananas				
Lunch	Soft Chicken Tacos, Black Beans, Corn & Apples				
Snack PM	Whole Grain Goldfish & Juice				
Dinner	Chicken Alfredo, Cucumber Slices & Mixed Fruit				