

Week 1	27	28	29	30	1
Breakfast					Whole Grain Cereal, Bananas
Lunch					Whole Grain Mac and Cheese, Peas Carrots and Berries
Snack PM					Blueberry Muffin and Apple Slices
DINNER					Grilled Cheese, Oranges and Broccoli
Week 2	4	5	6	7	8
Breakfast	Whole Grain Cereal, Bananas	Pancakes, Turkey Sausage and Oranges	Whole Grain Cereal, Bananas	Waffles and Apple Sauce	Whole Grain Cereal, Bananas
Lunch	Rice w/ Ranch Style Beans, Corn and Pineapple	Spaghetti with Meatballs, Whole Grain Bread, Green Beans and Berries	Chicken Soft Tacos, Black Beans, Corn, Cantaloupe	Grilled Cheese, Tomato soup and Peaches	Fish Sticks, Mashed Potatoes, Dinner Rolls and Cantaloupe
Snack PM	Corn Tortilla Chips w/ Nacho Cheese	Animal Crackers and Apple Juice	Cheez Crackers and 100% Juice	Crackers w/ Cheese Slice	Graham Crackers and Apple Juice
DINNER	Homemade Turkey and Cheese Lunchables, Crackers, Salad and Banana	Grilled Cheese, Oranges and Broccoli	Baked Ziti, Cucumber Slices and Mixed Fruit	Homemade Chicken Salad Sandwich, Watermelon, Baby Carrots	Cheese Quesadillas, Mixed Vegetables and Pineapple
Week 3	11	12	13	14	15
Breakfast	Whole Grain Cereal, Bananas	Pancakes, Turkey Sausage and Oranges	Whole Grain Cereal, Bananas	Waffles and Apple Sauce	Whole Grain Cereal, Bananas
Lunch	Homemade Baked Ziti, Green Beans, and Apples	BBQ Chicken, Rice, Mixed Vegetables and Cantaloupe	Mac and Cheese, Carrots and Berries	Rice w/ Mild Chili Beans, Corn and Mixed Fruit	Cheese Pizza, Salad and Oranges
Snack PM	Whole Grain Goldfish w/ 100% Juice	Blueberry Muffin and Apple Slices	Graham Crackers and Greek Yogurt	Cheese Crackers and 100% Juice	Whole Wheat Crackers and Cheese Sticks
Dinner	Grilled Cheese, Oranges and Broccoli	Cheese Quesadillas, Mixed Vegetables and Pineapple	Homemade Turkey and Cheese Lunchables, crackers, salad and Banana	Chicken Alfredo, Cucumber slices and Apples	Homemade Chicken Salad Sandwich, Pears and Carrot Sticks
Week 4	18	19	20	21	22
Breakfast	Whole Grain Cereal, Bananas	Pancakes, Turkey Sausage and Oranges	Whole Grain Cereal, Bananas	Waffles and Apple Sauce	Whole Grain Cereal, Bananas
Lunch	Chicken Nuggets, French Fries, Pineapple	BBQ Meatballs, Mashed Potatoes, Sliced Bread, and Apples	Rice w/ Mild Chili Beans, Corn and Cantaloupe	Grilled Cheese Sandwich, Tomato Soup and Oranges	Chicken Nuggets, Mashed Potatoes, Whole Grain Bread and Watermelon
Snack PM	Animal Crackers with 100% Juice	Whole Grain Goldfish w/ Apple Juice	Graham Crackers and Apple Juice	Crackers w/ Cheese Stick	Animal Crackers and 100% Juice
DINNER	Homemade Turkey and Cheese Lunchables, Crackers, Salad and Peaches	Grilled Cheese, Banana and Broccoli	Baked Ziti, Cucumber Slices and Mixed Fruit	Homemade Chicken Salad Sandwich Peaches, Baby Carrots	Cheese Quesadillas, Mixed Vegetables and Pineapple
Week 5	25	26	27	28	29
Breakfast	Whole Grain Cereal, Bananas	Pancakes, Turkey Sausage and Oranges	Whole Grain Cereal, Bananas	Waffles and Apple Sauce	Whole Grain Cereal, Bananas
Lunch	BBQ Chicken, Rice, Mixed Vegetables and Pineapple	Homemade Baked Ziti, Peas, and Cantaloupe	Chicken Spaghetti, Green Bean and Oranges	Grilled Cheese, Tomato soup and Watermelon	Whole Grain Mac and cheese, peas carrots and Berries
Snack PM	Crackers and sliced cheese	Whole Grain Goldfish and 100% Juice	Graham Cracker and Apple juice	Greek Yogurt and Cheerios	Blueberry Muffin and Apple Slices
DINNER	Alredo Pasta, Cucumber slices and Apples	Cheese Quesadillas, Mixed Vegetables and Peaches	Homemade Turkey and Cheese Lunchables, Crackers, Salad and Banana	Homemade Chicken Salad Sandwich, Mixed Fruit and Carrot Sticks	Grilled Cheese, Oranges and Broccoli