

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	WW Toast & Jam Milk	Cheerios/Shreddies Milk	WW Pancakes Fruit	WW English Muffins Fresh Fruit	Muffins Milk
Lunch	Beef Meat Balls Honey Garlic Sauce Brown Rice Green Beans & Carrots Fresh Fruit	Channa Masala Broccoli Pita Bread Fresh Fruit	Dijon Balsamic Chicken Brown Rice Peas & Carrots Fresh Fruit	Salmon and Cheese Pasta Bake Butter Beans and Corn Fresh Fruit	Beef/Bean Sloppy Joes & WW Rolls Vegetables & Dip Green Salad Fresh Fruit
P.M. SNACK	Bran Crunch Cookies Fresh Fruit	Cheese and Crackers Apples	Homemade Loaf Fresh Fruit	Cucumber & WW Crackers Hummus	Homemade Cookies Fresh Fruit
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	WW Toast & Jam Milk	WW Raisin Bread Fresh Fruit	Mini Wheat's Milk	WW Bagels & Cream Cheese	Muffins Milk
LUNCH	Quinoa Chicken Enchilada Bake Mixed Green Salad Fresh Fruit	Baked Macaroni & Cheese with Beef & Tomatoes Broccoli Fresh Fruit	Spinach, Sweet Potato & Lentil Dahl WW Pitas & Cucumbers Fresh Fruit	Baked Fish Fillets Brown Rice Peas Fresh Fruit	* Mexican Dinner Beef, Beans & Soft Pitas Salsa, Lettuce, Tomatoes Cheese, Sour Cream Couscous Salad
P.M. SNACK	Digestive Cookies Fresh Fruit	WW Crackers Vegetables & Dip	Homemade Loaf Fresh Fruit	*SEE NOTE Yogurt Fresh Fruit	Homemade Cookies Fresh Fruit
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	WW Toast & Jam Milk	Yogurt Fresh Fruit	Cheerios/Shreddies Milk	WW Pancakes Fruit	Muffins Milk
LUNCH	WW Penne with Tomatoe Lentil Sauce Garlic Bread Caesar Salad Fresh Fruit	Greek Pork Potatoes Green & Yellow Carrots Fresh Fruit	Tandoori Cauliflower and Chick Peas WW Pitas Green Salad Fresh Fruit	Spanish Rice with Chicken & Beans Broccoli Fresh Fruit	Coleslaw & WW Tuna/Egg & Cheese Sandwiches Vegetables & Dip Fresh Fruit
P.M. SNACK	Graham Cracker Apple Butter Fresh Fruit	Cucumbers & Tzatziki WW Pitas	Cheese and Crackers Apples	Homemade Loaf Fresh Fruit	Homemade Cookies Fresh Fruit
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	WW Toast & Jam Milk	WW Pancakes Fresh Fruit	Vector Cereal Fresh Fruit	Yogurt Fresh Fruit	Muffins Milk
LUNCH	Beef Meatballs in Tomatoe Sauce Egg Noodles Green & Yellow Beans Fresh Fruit	Sweet Potao and Kale Frittata WW Rolls Mixed Bean Salad Fresh Fruit	Baked Fish Fillets Lemon Couscous Butter Beans Fresh Fruit	Vegetable & Bean Chili Broccoli Corn Bread Muffins Fresh Fruit	Chicken & Cheese Quesadilla WW Torillas Green Salad Fresh fruit
P.M. SNACK	* SEE NOTE Unsweetened Apple Sauce & WW Pitas	Cheese and Crackers Apples	Homemade Loaf Fresh Fruit	WW Crackers Vegetables & Dip	Homemade Cookies Fresh Fruit