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