

Monday	Tuesday	Wednesday	Thursday	Friday
2 WW Pancakes	3 WG Cereal	4 Croissants	5 Sweet Brown Rice	6 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Baked Ziti	Soft Beef Tacos	Black Beans & Brown	Chicken Caesar Salad	Bean & Cheese Tostadas
Salad	Calabacitas	Rice w/ Cheese	Garlic Bread	Veggies
Fruit	Salsa	Carrots	Fruit	Fruit
Milk	Fruit	Fruit	Milk	Milk
	Milk	Milk		
Goldfish &	Apples &	Cinnamon Nachos &	Animal Crackers &	Leftover Fruit/Veg &
Fruit	Sun Butter	Yogurt	Milk	Crackers
9 Oatmeal	10 Raisin Bread	11 Yogurt & Granola	12 WW Toast	13 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Mac & Cheese	Sloppy Joes	Pesto Pasta Salad	Chicken & Rice Soup	Turkey Sandwiches
Broccoli	WW Buns	w/ Veggies	Saltines	Veggies
Fruit	Corn	Cheese Cubes	Carrots	Fruit
Milk	Fruit	Fruit	Fruit	Milk
	Milk	Milk	Milk	
Pub Mix &	Pretzels &	Graham Crackers &	Cheese-Itz &	Leftover Fruit/Veg &
Fruit	Cucumbers	Milk	Fruit	Crackers
16 Turkey Bacon	17 WG Cereal	18 Breakfast Bake	19 Waffles	20 Misc. Toast/Cereal
Sandwiches	Fruit	Fruit	Fruit	Fruit
Fruit	Milk	Milk	Milk	Milk
Milk				
Veggie Spaghetti	Chicken Alfredo	Veggie Stir Fry	Shepherd's Pie	WW Pizzas
Parmesan	Broccoli	Tofu	Rolls	Veggies
Fruit	Fruit	Brown Rice	Peas	Fruit
Milk	Milk	Fruit	Fruit	Milk
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Wheat Thins &	Ritz &	Chex Mix &	Granola Bars &	Leftover Fruit/Veg &
Fruit	Fruit	Fruit	Milk	Crackers
23 WW French Toast Fruit	24 English Muffins Fruit	25 Biscuits & Gravy Fruit	26 Bagels & Cream Cheese	27 Misc. Toast/Cereal Fruit
Milk	Milk	Milk	Fruit	Milk
WIIIK	MIIK	WIIIK	Milk	WIIIK
Cece Soup	Frito Pie	Spinach Lasagna	Orange Chicken	WW Pita Bread
Zucchini	Corn	Salad Salad	Brown Rice	Hummus
Mozarella	Garnish	Fruit	Broccoli	Veggies
Fruit	Fruit	Milk	Fruit	Cheese Cubes
Milk	Milk	WIIIK	Milk	Fruit
	TVIIII.			Milk
Club Crackers &	Trail Mix &	WW Sun Butter & Jelly	String Cheese &	Leftover Fruit/Veg &
Fruit	Milk	Roll-Ups	Cucumbers	Crackers
30 Cream of Wheat	31 WG Cereal	1 Quiche	2 Biscuits	3 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk		Milk
		Greek Salad	Red Beef Enchiladas	
Corn Bread		WW Pita	Calabacitas	Sandwiches
Carrots	Green Beans	Beans	Fruit	
Fruit	Triscuits	Feta	Milk	Fruit
Milk	Fruit	Fruit		Milk
	Milk	Milk		
Hummus &	Cheese Nachos &	Spinach & Artichoke	Goldfish &	Leftover Fruit/Veg &
Pita Chips	Salsa	Squares	Fruit	Crackers
Milk Quinoa Chili Corn Bread Carrots Fruit Milk Hummus &	Milk Chicken Curry Veg. Baked Beans Green Beans Triscuits Fruit Milk Cheese Nachos &	Milk Greek Salad WW Pita Beans Feta Fruit Milk Spinach & Artichoke	Milk Red Beef Enchiladas Calabacitas Fruit Milk Goldfish &	Milk Sun Butter & Jelly Sandwiches Veggies Fruit Milk Leftover Fruit/Veg &