

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Waffles	6 WG Cereal	7 English Muffins	8 WW Toast	9 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
WW Grilled Cheese	Chicken Alfredo	Veggie Stir Fry	Beef & Veggie Stew	Pita Bread
Red Pepper & Tomato	Broccoli	Brown Rice	French Bread	Hummus
Soup	Fruit	Tofu	Fruit	Veggies
Peas	Milk	Fruit	Milk	Fruit
Fruit		Milk		Milk
Milk				
Ritz Crackers &	Goldfish &	Bread Sticks &	Graham Crackers &	Leftover Fruit/Veg &
Fruit	Fruit	Marinara	Milk	Crackers
12 Oatmeal	13 WW Toast	14 Yogurt & Granola	15 Blueberry Bread	16 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Mac & Cheese	Navajo Tacos	Greek Salad	Sweet & Sour Chicken	WW Turkey Wraps
Broccoli	Garnish	Pita Bread	Brown Rice	Cheese
Fruit	Zucchini	Beans	Peppers & Onions	Veggies
Milk	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk
Club Crackers &	Cheese-Itz &	Animal Crackers &	Pretzels &	Leftover Fruit/Veg &
Fruit	Fruit	Milk	String Cheese	Crackers
19 WW Toast	20 Croissants	21 WG Cereal	22 Raisin Bread	23 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Cheddar, Broccoli &	Meat Loaf	Spinach Lasagna	Chicken, Broccoli &	Bean & Cheese
Potato Soup	Mashed Potatoes	Salad	Brown Rice Bake	Tostadas
Cucumbers	French Bread	Fruit	Fruit	Veggies
Saltines	Peas	Milk	Milk	Fruit
Fruit	Fruit			Milk
Milk	Milk			
Wheat Thins &	Granola Bars &	Cinnamon Nachos &	Pita Bread &	Leftover Fruit/Veg &
Fruit	Milk	Yogurt	Hummus	Crackers
26 WW French Toast	27 Bagels & Cream	28 Cream of Wheat	29 WG Cereal	30 Misc. Toast/Cereal
Fruit	Cheese	Fruit	Fruit	Fruit
Milk	Fruit	Milk	Milk	Milk
	Milk			
Baked Ziti	Beef & Broccoli	Red Cheese Enchiladas	Chicken & Veggie	Turkey & Cheese
Salad	Brown Rice	Calabacitas	Noodle Soup	Triscuits
Fruit	Fruit	Beans	Crackers	Veggies
Milk	Milk	Fruit	Fruit	Fruit
		Milk	Milk	Milk
Pub Mix &	Yogurt & Berry	Sun Butter &	Cream Cheese, Jelly	Leftover Fruit/Veg &
Fruit	Smoothies	Apples	Roll Ups & Fruit	Crackers