



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WW Toast Fruit Milk	4 WG Cereal Fruit Milk	5 Oatmeal Fruit Milk	6 Waffles Fruit Milk	7 Misc. Toast/Cereal Fruit Milk
Veggie Frito Pie Corn Fruit Milk	Shepherd's Pie Peas French Bread Milk	Spinach Lasagna Salad Fruit Milk	Orange Chicken Brown Rice Broccoli Fruit Milk	WW Sun Butter & Jelly Sandwiches Veggies Fruit Milk
Pub Mix & Fruit	Goldfish & Fruit	Graham Crackers & Milk	Cheese Itz & Fruit	Leftover Fruit/Veg & Crackers
10 WW Pancakes Fruit Milk	11 WW Toast Fruit Milk	12 English Muffins Fruit Milk	13 Raisin Bread Fruit Milk	14 Misc. Toast/Cereal Fruit Milk
Lentil Soup Crackers Fruit Milk	Chicken Alfredo Broccoli Fruit Milk	Red Chile Enchiladas Pinto Beans Calabacitas Fruit Milk	Tilapia Brown Rice Salad Fruit Milk	Bean & Cheese Tostadas Veggies Fruit Milk
Yogurt & Berry Smoothies	Rice Cakes & Sun Butter	Pretzels & String Cheese	Chex Mix & Fruit	Leftover Fruit/Veg & Crackers
17 Yogurt & Granola Fruit Milk	18 Malt O Meal Fruit Milk	19 Breakfast Bake Fruit Milk	20 WW Toast Fruit Milk	21 Misc. Toast/Cereal Fruit Milk
Mac & Cheese Broccoli Fruit Milk	WW BBQ Chicken Sandwiches Carrots Fruit Milk	Pesto Pasta Salad Cheese Cubes Fruit Milk	Teriyaki Beef W/ Veggies Brown Rice Fruit Milk	Hummus Veggies Fruit Milk
24 Malt O Meal Fruit Milk	25 Bagels & Cream Cheese Fruit Milk	26 Pumpkin Bread Fruit Milk	27 WW Toast Fruit Milk	28 Misc. Toast/Cereal Fruit Milk
Black Beans & Brown Rice Cheese Carrots Fruit Milk	WW Spaghetti & Meat Sauce Salad Fruit Milk	Quinoa Salad Cheese Cubes Wheat Thins Fruit Milk	Cheesy Chicken Baked Burritos Zucchini Fruit Milk	WW Cheese Pizza Veggies Fruit Milk
Trail Mix & Fruit	Animal Crackers & Milk	Pita Chips & Hummus	Goldfish & Fruit	Leftover Fruit/Veg & Crackers
31 WW French Toast Fruit Milk	1 Sweet Brown Rice Fruit Milk	2 Biscuits Fruit Milk	3 WW Toast Fruit Milk	4 Misc. Toast/Cereal Fruit Milk
Spinach Baked Ziti Salad Fruit Milk	Chicken Salad Sandwiches Veggies Chips Fruit Milk	Veggie Fried Rice Tofu Fruit Milk	Beef Stroganoff Peas Fruit Milk	Bean & Cheese Burritos Veggies Fruit Milk
Cream Cheese & Jelly Roll Ups	Graham Crackers & Milk	Bread Sticks & Marinara	Sun Butter & Apples	Leftover Fruit/Veg & Crackers