

Monday	Tuesday	Wednesday	Thursday	Friday
4 WW Toast	5 Raisin Bread	6 Yogurt & Granola	7 Oatmeal	8 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Parmesan Mushroom	Chicken & Broc Bake	Quesadilla	Spaghetti w Meat Sauce	Bean & Cheese Tostadas
Spinach Pasta	Br Rice	Beans	Garlic Bread	Veggies
Fruit	Fruit	Cucumbers	Salad	Fruit
Milk	Milk	Fruit	Fruit	Milk
		Milk	Milk	
Club Crackers &	Cucumbers &	Chex Mix &	Corn Bread &	Leftover Fruit/Veg &
Fruit	String Cheese	Fruit	Milk	Crackers
11 Bagels & Cr Cheese	12 WW Toast	13 Berry Bread	14 WG Cereal	15 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Rice & Beans	Chicken Alfredo	Tofu Veggie Pad Thai	Shepherd's Pie	Turkey Sandwiches
Cheese Cubes	Broccoli	Fruit	French Bread	Veggies
Carrots	Fruit	Milk	Fruit	Fruit
Fruit	Milk		Milk	Milk
Milk				
Cheese Itz &	Trail Mix	Graham Crackers &	Pub Mix &	Leftover Fruit/Veg &
Fruit		Milk	Fruit	Crackers
18 WW Toast	19 Waffles	20 Breakfast Bake	21 WG Cereal	22 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Baked Ziti	Sloppy Joes	Pesto Pasta Salad	Cheesy Chicken Burritos	Pita Bread& Hummus
Salad	Corn	Cheese Cubes	Fruit	Cheese Cubes
Fruit	Fruit	Fruit	Zucchini	Veggies
Milk	Milk	Milk	Milk	Fruit
				Milk
Club Crackers &	Goldfish &	Cream Cheese Fruit	Granola Bars &	Leftover Fruit/Veg &
Milk	Fruit	Rollups	Milk	Crackers
25 Pancakes	26 English Muffins	27 Sweet Rice	28 Toast	29 Misc. Toast/Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Mac & Cheese	Taco Salad	Grilled Cheese Tomato	Chicken & Veggies	Turkey & Veggie Wraps
Broccoli	Squash	Soup	Linguine	Chips
Fruit	Fruit	Peas	Garlic Toast	Fruit
Milk	Milk	Fruit	Fruit	Milk
		Milk	Milk	
Wheat Thins &	Granola Bars &	WW Sun Butter & Jelly	Pub Mix &	Leftover Fruit/Veg &
Fruit	Milk	Roll-Ups	Fruit	Crackers