

# WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
½ C. Scrambled eggs (Breakfast Burritos)	½ C. Cheerios	¼ C. Oatmeal	½ C. Life	1 Pancake
½ Flour tortilla	¼ C. Apples	¼ C. Honey dew melon	¼ C. Bananas	½ Sausage link
¼ C. Pears	½ C. Milk	½ C. Milk	½ C. Milk	¼ C. Apples
½ C. Milk				½ C. Milk
Ketchup		Honey or brown sugar		Syrup
Salsa				
<b>LUNCH</b>				
1 oz. Turkey lunch meat	1 oz Catfish	1 oz. Beef brisket	1 oz. Pulled pork	1 oz. BBQ teriyaki pork loin
½ Slice whole wheat bread	¼ C. Wild rice	¼ C. Mac & Cheese	½ Whole wheat bun	¼ C. Rice
½ oz. Cheese	¼ C. California mixed veggies	¼ C. Broccoli	¼ C. Carrots	¼ C. Grilled zucchini
½ C. Chicken noodle soup	½ C. Fruit cocktail	¼ C. Applesauce	¼ C. Pineapple	¼ C. Pears
¼ C. Carrots	½ C. Milk	½ C. Milk	¼ C. Potato wedges	½ C. Milk
¼ C. Orange			½ C. Milk	
½ C. Milk				
Mustard			Ketchup	
Mayo				
<b>SNACK</b>				
½ C. Carrots	½ oz. Shredded Cheese	2 oz. Yogurt	½ Slice of cinnamon toast	¼ C. Graham crackers
¼ C. Ritz Crackers	½ Flour tortilla	½ C. Dried cranberries	½ C. Grapes	½ C. Apples
1 Tbsp. Hummus	Water	Water	Water	Water
Water				

<b>WEEK 2</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>BREAKFAST</b>				
¼ C. Oatmeal	2 Waffle sticks	½ C. Crispix	1 Ham & cheese omelet	½ C. Kix
¼ C. Raisins	1 ½ oz. Ham steaks	¼ C. Bananas	½ Slice of toast	¼ C. Bananas
½ C. Milk	¼ C. Grapes	½ C. Milk	¼ C. Mandarin oranges	½ C. Milk
	½ C. Milk		½ C. Milk	
Honey or brown sugar				
<b>LUNCH</b>				
¼ C. Tortellini	1 oz. Salisbury steak	1 oz. Beef brisket	1 oz. Roast beef	1 Slice of pepperoni pizza
1 oz. Meat sauce	¼ C. Couscous	¼ C. Red potatoes	½ Slice whole wheat bread	¼ C. Salad
¼ C. Sliced carrots	¼ C. Spinach	¼ C. Baby carrots	½ oz. Cheese	¼ C. Fresh Pineapple
¼ C. Grapes	¼ C. Honey dew melon	¼ C. Apples	¼ C. Raw broccoli	½ C. Milk
½ C. Milk	½ C. Milk	½ Whole wheat dinner roll	¼ C. Oranges	
		½ C. Milk	½ C. Milk	
Parmesan Cheese			Mustard	Ranch for salad
			Mayo	
			Hummus	
<b>SNACK</b>				
½ C. Apples	½ oz. (1) String cheese	2 oz. Yogurt	½ C. Peaches	1 Tbsp. Peanut butter (roll ups)
¼ C. Pretzels	¼ C. Saltine crackers	1/8 C. Granola	½ oz. Cottage cheese	1 tsp. Jelly
Water	½ oz. Turkey lunch meat	Water	Water	½ Flour tortilla
	Water			Water

## WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
4 oz. Yogurt	½ C. Scrambled eggs (Breakfast burritos)	½ C. Life	¼ C. Cream of wheat	1 Pancake
1/8 C. Granola	1 Flour tortilla	¼ C. Bananas	¼ C. Pineapple	1 slice of Bacon
¼ C. Strawberries	¼ C. Grapes	½ C. Milk	½ C. Milk	¼ C. Apples
½ C. Milk	½ C. Milk			½ C. Milk
	Ketchup		Honey or brown sugar	Syrup
	Salsa			
<b>LUNCH</b>				
1 oz. Ham lunch meat	1 oz. Pork scallopini	1 oz. Rotisserie chicken	1 oz. Taco meat	1 oz. Fried shrimp
½ Slice whole wheat bread	¼ C. Orzo	¼ C. Red potatoes	1 Flour tortilla	¼ C. Jasmine rice
½ oz. Cheese	¼ C. Baby carrots	¼ C. Lemon broccoli	½ oz. Shredded cheese	¼ C. Stir fry vegetables
½ C. Chicken & rice soup	¼ C. Apples	¼ C. Peaches	¼ C. Broccoli	¼ C. Grapes
¼ C. Broccoli	½ C. Milk	½ Slice whole wheat bread	¼ C. Cantaloupe	½ C. Milk
¼ C. Oranges		½ C. Milk	¼ C. Shredded lettuce & diced tomatoes	
½ C. Milk			½ C. Milk	
Mustard				
Mayo				
<b>SNACK</b>				
½ C. Dried cherries	½ C. Cucumbers	½ oz. (1) String cheese	½ Slice of cinnamon toast	½ C. Carrots
¼ C. Ritz Crackers	¼ C. Cheese crackers	¼ C. Ritz crackers	½ C. Banana	1 Tbsp. Hummus
Water	Water	½ oz Turkey lunch meat	Water	Water
		Water		

## WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
¼ C. Oatmeal	¾ C. Scrambled eggs	½ C. Cheerios	2 Waffle sticks	½ C. Crispix
¼ C. Dried cranberries	½ Slice of toast	¼ C. Bananas	½ Sausage link	¼ C. Apples
½ C. Milk	¼ C. Peaches	½ C. Milk	¼ C. Applesauce	½ C. Milk
	½ C. Milk		½ C. Milk	
Honey or brown sugar	Ketchup			
<b>LUNCH</b>				
1 oz. Honey BBQ chicken breast	1 oz. Chicken cordon bleu	1 oz. Turkey lunch meat	1 oz. Ginger flank steak	1 oz. Swedish meatballs
¼ C. Mashed potatoes	¼ C. Wild rice	½ Slice whole wheat bread	¼ C. Potato fingerlings	¼ C. Egg noodles
¼ C. Cucumbers	¼ C. California mixed veggies	½ oz. Cheese	¼ C. Roasted zucchini	¼ C. Broccoli & red peppers
¼ C. Apples	¼ C. Grapes	¼ C. Broccoli	¼ C. Fruit cocktail	¼ C. Mandarin oranges
1 Whole wheat dinner roll	1 Whole wheat dinner roll	¼ C. Orange	½ C. Milk	½ C. Milk
½ C. Milk	½ C. Milk	½ C. Milk		
		Mustard		
		Mayo		
		Hummus		
<b>SNACK</b>				
½ C. Mandarin oranges	½ C. Celery	½ oz. (1) String cheese	2 oz. Yogurt	½ oz. Shredded Cheese
½ oz. Cottage cheese	1 Tbsp. Peanut butter	1/3 C. Saltines	1/3 C. Dried apricots	½ Flour tortilla
Water	¼ C. Pretzels	½ oz. Turkey lunch meat	Water	Water
	Water	Water		

## WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
½ Ham & cheese omelet	½ C. Kix	4 oz. Yogurt	¼ C. Cream of Wheat	¾ C. Scrambled eggs
½ Slice of toast	¼ C. Apples	1/8 C. Granola	¼ C. Strawberries	½ English muffin
¼ C. Pears	½ C. Milk	¼ C. Grapes	½ C. Milk	¼ C. Honey dew melon
½ C. Milk		½ C. Milk		½ C. Milk
			Honey or brown sugar	Ketchup
<b>LUNCH</b>				
1 oz. Chicken fajita	1 oz. Chicken parmesan	1 oz. Hamburger	1 oz. Pot roast	1 oz. Ham lunch meat
1 Flour tortilla	¼ C. Whole wheat pasta	½ Whole wheat bun	¼ C. Mashed potatoes	½ Slice whole wheat bread
¼ C. Fajita vegetables	¼ C. Cucumber	¼ oz Cheese	¼ C. Steamed carrots	¼ C. Potato bacon soup
¼ C. Pineapple	¼ C. Bananas	¼ C. Broccoli	¼ C. Applesauce	¼ C. Carrots
¼ C. Spanish rice	½ C. Milk	¼ C. Peaches	1 Whole wheat dinner roll	¼ C. Oranges
¼ C. Shredded cheese		½ C. Milk	½ C. Milk	½ C. Milk
½ C. Milk				
	Parmesan Cheese	Ketchup		Mustard
		Mustard		Mayo
		Mayo		
		Hummus		
<b>SNACK</b>				
1 Tbsp. Peanut butter (roll ups)	½ oz. (1) String cheese	¼ C. Ritz crackers	¼ C. Pretzels	½ C. Dried apricots
1 tsp. Jelly	1/3 C. Saltines	½ C. Raisins	½ C. Cucumber	¼ C. Graham crackers
½ Flour tortilla	½ oz. Turkey lunch meat	Water	1 Tbsp. Hummus	Water
Water	Water		Water	