

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:15)	Fresh Fruit Digestive Cookie	Fresh Fruit Pancakes	Fresh fruit Yogurt	Fresh Fruit Nutrigrain bar	Fresh Fruit Yogurt
AM Snack (8:45)	Scrambled eggs, Sausage, Hashbrowns	Cheerios and Milk	Scrambled eggs, sausage, hashbrowns	Corn Flakes and Milk	Scrambled eggs, sausage, hashbrown
Lunch (11:15)	Penne and Meat Sauce Cooked Broccoli Fresh Fruit	Roast beef on a bun Peas and Carrots Fresh Fruit	Pizza day Garden Salad Fresh Fruit	Lasagna Garlic Bread Cesar Salad Fresh Fruit	Roasted Chicken Veggies Rice Fresh Fruit
PM Snack (2:00)	Crackers Cheese Fresh Fruit	Applesauce Digestive Cookies	Fresh Vegetables Nutrigrain Bar	Fresh Fruit Pretzel Sticks/Hummus	Fresh Vegetables Rice Cakes

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:15)	Fresh Fruit Yogurt	Fresh Fruit Pancakes	Fresh Fruit Yogurt	Fresh Fruit Nutrigrain bar	Fresh fruit Bagel with cream cheese
AM Snack 8:45	Scrambled Eggs, Sausage, Hashbrown	Cheerios and Milk	Scrambled eggs, sausage, hashbrowns	Corn Flakes and Milk	Scrambled eggs, sausage, hashbrowns
Lunch 11:15	Penne Carbonara Peas and Carrots Fresh Fruit	Chicken Nuggets French Fries Broccoli Fresh Fruit	Pizza Day Garden Salad Fresh Fruit	Shepards Pie Garlic Bread Ceasar Salad Fresh Fruit	Stir fry with Meat/Rice and Veggies Fresh Fruit
PM Snack 2:00	Hummus Pretzel Sticks	Fresh Fruit Digestive Cookies	Applesauce Goldfish	Fresh Fruit Applesauce	Tortilla Chips Cheese Cubes Fresh Fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:15	Fresh Fruit Yogurt	Fresh Fruit Bagel with cream cheese	Fresh Fruit Nutrigrain bar	Fresh Fruit Applesauce	Fresh Fruit Pancake
AM Snack 8:45	Scrambled eggs, sausage, hashbrowns	Cheerios with milk	Scrambled eggs, sausage, hashbrowns	Corn Flakes with milk	Scrambled eggs, sausage, hashbrowns
Lunch 11:15	Penne With meat Sauce Peas and Carrots Fresh Fruit	Wraps Garden Salad Fresh Fruit	Pizza Day Garden Salad Fresh Fruit	Stir Fry with meat, veggies and rice Fresh Fruit	Roasted Chicken Veggies Rice Fresh Fruit
PM Snack 2:00	Fresh Fruit Digestive Cookies	Tortilla Chips Cheese Cubes	Fresh Vegetables Rice Cakes	Fresh Vegetables yogurt	Fresh Fruit Goldfish Crackers

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:15	Fresh Fruit Bagel with cream cheese	Fresh Fruit Yogurt	Fresh Fruit Pancakes	Fresh Fruit Yogurt	Fresh Fruit Nutrigrain bar
AM Snack 8:45	Scrambled eggs, sausage, hashbrowns	Cheerios with milk	Scrambled eggs, sausage, hashbrowns	Corn flakes with milk	Scrambled eggs, sausage, hashbrowns
Lunch 11:15	Pulled Pork on a bun Broccoli Fresh Fruit	Chicken nuggets French Fries Peas and Carrots Fresh Fruit	Pizza Day Garden Salad Fresh Fruit	Wraps Garden Salad Fresh Fruit	Stir Fry with Meat, Rice and veggies Fresh Fruit
PM Snack 2:00	Tortilla chips Cheese cubes	Fresh Vegetables Rice cakes	Fresh Fruit Pretzels and hummus	Fresh Vegetables Nutrigrain Bar	Fresh Fruit Digestive Cookies