

Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
	Cereal	Muffins	Oatmeal	Pancakes	Bagels
	Fruit	Milk	Fruit	Fruit Spread	Cream Cheese
	Milk		Milk	Milk	Milk
Lunch					
	Whole Grain Pasta	Baked Chicken	Wow Butter	Meatballs	Pizza
	with Tomato Sauce,	Potatoes	Sandwich	Rice	Veggie Sticks
	Ground Beef and	Mixed Vegetables	Veggie Sticks	Vegetables	Milk
	Mixed Vegetables	Milk	Milk	Milk	
	Milk				
Afternoon Snack	Wow	Cheese Cubes	Crackers	Banana Bread	Mini Pita
	Butter/Banana Roll-	Veggies	Cream Cheese		Tuna Salad
	Ups				
Substitutions					



Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
	Cereal	Muffins	Bagels	Cheese Cubes	Pancakes
	Fruit	Milk	Fruit Spread	Fruit	Fruit Spread
	Milk		Milk	Milk	Milk
Lunch					
	Macaroni and	Butter Chicken	Haddock	Chicken Noodle	Roast
	Cheese	Basmati Rice	Quinoa	Soup	Mashed Potatoes
	Vegetables	Vegetables	Carrots	WW Bread	Vegetables
	Milk	Milk	Milk	Milk	Milk
A (1					
Afternoon Snack					
	Boiled Eggs	Cookies	Pita		Wow
	Crackers	Fruit	Hummus	Pumpkin Loaf	Butter/Banana Roll-
			Vegetables		Up
Substitutions					