

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	breakfast Oatmeal * Applesauce Milk	Cereal Banana Milk	French toast sticks Mandarin oranges Milk	Scrambled eggs Whole-wheat toast * Milk	Waffles Orange slices Milk
	lunch Breakfast casserole Pancakes Tater tots Melon Milk	Turkey sandwich * Green beans Peaches Milk	Chicken enchiladas * California medley Pears Milk	All-beef hot dogs Homemade mac & cheese Broccoli, Pineapple Milk	Meatloaf Mashed potatoes Whole-wheat bread * Mixed vegetables Milk
	snack Banana bread Milk	Yogurt Pineapple	Teddy grahams Bananas	String cheese Cucumbers	Chex mix Applesauce
Week 2	breakfast Oatmeal * Applesauce Milk	Cereal Banana Milk	Pancakes Pineapple Milk	Scrambled eggs Whole-wheat toast * Milk	French toast sticks Pears Milk
	lunch Creamed chicken Buttered noodles Steamed carrots Pears Milk	Tater tot casserole Whole-wheat bread * Mixed vegetables Milk	Ham & cheese loaf Green beans Apple slices Milk	Taco meat Whole-wheat shells * Peas Melon Milk	Turkey sandwich * Cucumbers Bananas Milk
	snack String cheese Pineapple	Club crackers Apple slices	Wheat thins * Milk	Yogurt Mandarin oranges	Cottage cheese Peaches
Week 3	breakfast Oatmeal * Applesauce Milk	Cereal Banana Milk	Waffles Mandarin oranges Milk	Scrambled eggs Whole-wheat toast * Milk	Pancakes Orange slices Milk
	lunch Chicken quesadillas * Green beans Peaches Milk	Homemade meatballs Whole-wheat penne Pasta * Broccoli Pears Milk	Pork enchiladas * Mixed vegetables Pineapple Milk	Grilled cheese sandwich * Steamed carrots Yogurt Bananas Milk	Shepherd's pie with mixed vegetables Whole-wheat bread * Milk
	snack Club crackers Cheese cubes	Yogurt Pineapple	Saltine crackers Cucumbers with ranch dressing	Pretzel sticks Melon	Chex mix Applesauce
Week 4	breakfast Oatmeal * Applesauce Milk	Cereal Banana Milk	French toast sticks Pineapple Milk	Scrambled eggs Whole-wheat toast * Milk	Waffles Pears Milk
	lunch All-beef hot dogs Homemade mac & cheese Steamed carrots Pears Milk	Turkey sandwich * Cucumbers Orange slices Milk	BBQs * Chips Peas Mandarin oranges Milk	Creamed chicken Mashed potatoes Whole-wheat bread * Bananas Milk	Ham & cheese quesadillas * Mixed vegetables Pineapple Milk
	snack Banana bread Milk	Cottage cheese Pineapple	Yogurt Goldfish crackers	String cheese Melon	Pretzel sticks Applesauce
Week 5	breakfast Oatmeal * Applesauce Milk	Cereal Banana Milk	Pancakes Apple slices Milk	Scrambled eggs Whole-wheat toast * Milk	French toast sticks Pears Milk
	lunch Hamburger stroganoff Mixed vegetables Pears Milk	Homemade pizza California medley Mandarin oranges Milk	Chicken & broccoli Brown rice * Melon Milk	Taco meat Whole-wheat shells * Peas Bananas Milk	Cheesy ham & potatoes Whole-wheat bread * Peaches Milk
	snack Cheese cubes Ritz crackers	Wheat thins * Milk	Yogurt Peaches	Club crackers Applesauce	Cottage cheese Pineapple

Fruits and vegetables are subject to change.

Cereals: Cheerios, Life, Kix

\* Whole Grain Rich

