

	SUN	MON	TUE	WED	THU	FRI	SAT
Breakfast	Breakfast squares	Chicken and waffles	Cereal, scrambled eggs, toast	Frittata	Biscuits and gravy	Breakfast skillet	Bacon, eggs and toast
Lunch	Fish sticks or chicken nuggets, salad	Lentil soup, Pesto grilled cheese sandwich	Tortilla soup, ham sandwich	Chicken salad sandwich, coleslaw	Pizza, chopped salad	Turkey sandwich, potato salad	Sloppy joes, coleslaw
Dinner	Beef stroganoff, garlic bread	Enchiladas, refried beans, Spanish rice	BBQ chicken, Baked beans, coleslaw	Beef curry, thai rice, mixed veggies	Ribs, potato salad, corn	Spaghetti with meatsauce, garlic bread	Fried rice, chow mein, sweet and sour