

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Milk	Yogurt Mandarin Oranges Water	Plain Waffles Milk	Mixed fresh fruit Milk	Cheerios Milk
Lunch	Chicken Nuggets (white meat) Mashed Potatoes Peas/Carrots Milk	Grilled Cheese Sandwiches (whole wheat bread, butter, natural cheese) Ham Broccoli Milk	Homemade Spaghetti (noodles, lean ground beef, diced tomato, tomato paste, mushrooms) Milk	Pancakes Sausages Carrot Sticks Milk	Chicken and Cheese Quesadillas Cucumbers Milk
PM Snack	Apple Sauce Rice Cakes (Jam, cheese whiz, butter) Water	Munchie Mix (Gold Fish, Multi Grain Cheerios, Shreddies) Water	Homemade Blueberry muffins (1 ½ cup flour, ¾ cup white sugar, ½ tsp salt, 2tsp baking powder, 1/3 cup veg oil, 1 egg, 1/3 cup milk, ¼ cup butter, 1 cup blueberries) Water	Unsalted Crackers Cheddar Cheese Cubes Water	Graham Crackers With jam or butter Fruit Slices Water

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Yogurt Peaches Water	Plain Waffles Milk	Special K Milk	Mixed Fresh fruit Milk	Rice Krispies Milk
Lunch	Goulash (noodles, ground beef, tomato soup, tomato paste, ketchup, peppers, mushrooms, diced onions) Milk	BBQ Chicken Rice Broccoli Milk	Homemade Pizza (whole wheat dough, tomato sauce, cheddar cheese, pepperoni) Carrot Sticks Milk	Macaroni and Cheese (noodles, cheddar cheese, milk, butter) Ham Peas/Carrots Milk	Chicken Wraps (Chicken, cheese, lettuce, ranch dressing) Cucumbers Milk
Pm Snack	Unsalted Crackers Cream Cheese Salsa Water	Arrowroot Biscuits Cheddar Cheese Cubes Fruit Slices Water	Apple Sauce Rice Cakes (Jam, cheese whiz, butter) Water	Homemade Oatmeal muffins (1 cup flour, 3/4 cup Oatmeal, 2 eggs, 1/2 cup milk, 1/2 vegetable oil, 3tsp baking powder, pinch of salt)Water	Munchie Mix (Gold Fish, Multi Grain Cheerios, Shreddies) Fruit Slices Water