|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| WEEK 1 |  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK  (2 FOOD GROUPS  ONE MUST BE FRUIT  OR VEGETABLE) | DESCRIPTION | Cereal & Oranges | Scrambled Eggs &Fruit | Toast & Fruit Smoothies | Pancakes with Apple Compote | Bagel and Fruit |
| VEGETABLE/FRUIT | oranges | Apples oranges bananas | Mixed berries & bananas | apples | Mixed Berry Compote |
| GRAIN PRODUCT | cereal | Ww bread | Ww bread | ½ ww pancakes | Ww bagels |
| MILK/ALTERNATIVE | milk | Milk, | Milk | milk | Milk |
| MEAT /ALTERNATIVE |  | Scrambled eggs |  |  |  |
| LUNCH  ALL 4 FOOD  GROUPS ARE  INCLUDED | LUNCH DESCRIPTION | Macaroni Goulash | Grilled chicken caesar | Vegetarian lasagna | Hamburger veg soup | Tuna Casserole |
| VEGETABLE OR  FRUIT | Tomatoes, tomato sauce | romaine lettuce | Diced tomatoes, celery, peppers, corn, onion | Carrots, onions, potatoes, mixed veg | Celery, onion, peas, mushrooms. |
| GRAIN PRODUCT | Pasta, ww bread | Ww bread | Ww bread | Ww bread | Ww bread, rice |
| MILK / ALTERNATIVE | milk | milk | Milk | milk | Milk, cheese |
| MEAT/ ALTERNATIVE | Lean ground beef | Chicken | Kidney beans | Lean ground beef | Tuna |
| PM SNACK  2 FOOD GROUPS  ONE IS FRUIT OR  VEGETABLE | SNACK DESCRIPTION | Banana &Yogurt | Bran Muffins and Oranges | Apple sauce & granola | Tuna, crackers, Veggies | Peanut Butter and Banana Wrap |
| VEGETABLE/ FRUIT | Bananas | Oranges | apples | Cucumber, Carrots, Broccoli, or Cucumber | banana |
| GRAIN PRODUCT |  | Bran muffins | Ww granola | Ww crackers | Ww tortilla |
| MILK / ALTERNATIVE | yogurt |  |  |  |  |
| MEAT/ALTERNATIVE |  |  |  |  | Peanut butter |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| WEEK #2 |  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK  (2 FOOD GROUPS  ONE MUST BE FRUIT  OR VEGETABLE) | DESCRIPTION | Oatmeal & Apples | Boiled Eggs with Cucumbers | Oatmeal Muffins &Oranges | Cereal and Bananas | Yogurt Bananas |
| VEGETABLE/FRUIT | apples | cucumbers | oranges | bananas | Bananas |
| GRAIN PRODUCT | oatmeal | bread | Oatmeal muffins | Whole grain cereal |  |
| MILK/ALTERNATIVE | milk | milk | milk | milk | Milk , yogurt |
| MEAT /ALTERNATIVE |  | eggs |  |  |  |
| LUNCH  ALL 4 FOOD  GROUPS ARE  INCLUDED | LUNCH DESCRIPTION | Sheppard’s Pie | Chicken Alfredo | Peanut butter and jelly sandwiches | Pizza & Caesar salad | Fish Cakes |
| VEGETABLE OR  FRUIT | Turnip and mix veg., potato | Carrots ,onions,  celery, broccoli | Cucumbers, carrots, mixed berry compote | Romain lettuce, peppers | mixed veggies, Onions, Carrots, Potatoes |
| GRAIN PRODUCT | Ww bread | Ww bread | Ww bread | Ww pizza dough, croutons | Ww Bread |
| MILK / ALTERNATIVE | milk | Milk, Cheese | Milk | Milk, cheese | Milk |
| MEAT/ ALTERNATIVE | Lean ground beef | Chicken | Peanut butter | Chicken | Haddock, sole, or tilapia |
| PM SNACK  2 FOOD GROUPS  ONE IS FRUIT OR  VEGETABLE | SNACK DESCRIPTION | Rice Cakes & Bananas | Yogurt & granola | Egg Salad Melba Toast and Veggies | Mixed Berry Muffins | Dry Cereal , Oranges |
| VEGETABLE/ FRUIT | Bananas | Apples | Cucumber, carrots, broccoli | Mixed Berries, Apples | oranges |
| GRAIN PRODUCT | Rice Cakes | granola | Ww Melba toast | Muffin | cereal |
| MEAT / ALTERNATIVE |  | yogurt | Eggs |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| W WEEK #3 |  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK  (2 FOOD GROUPS  ONE MUST BE FRUIT  OR VEGETABLE) | DESCRIPTION | Toast & fruit smoothies | Cheese scones& apples | Applesauce & granola | Cereal & Mixed berries | Pancakes & bananas |
| VEGETABLE/FRUIT | Mixed fruit | apples | Apples | Berries | Bananas |
| GRAIN PRODUCT | Ww toast | Ww scones | granola | Shreddies, multigrain cheerios | ½ WW pancakes |
| MILK/ALTERNATIVE | Milk | Milk | Milk | Milk | Milk |
| MEAT /ALTERNATIVE |  |  |  |  |  |
| LUNCH  ALL 4 FOOD  GROUPS ARE  INCLUDED | LUNCH DESCRIPTION | Beef stew | Grilled cheese & tomato soup | Pork & broccoli ramen | Meatloaf | Fish chowder |
| VEGETABLE OR  FRUIT | onions, celery, potato, turnip, mixed veg, carrots | Crushed tomatoes | Peppers, onion, celery, carrots, broccoli | mixed veggies | Onion, potato, carrots |
| GRAIN PRODUCT | Ww Bread | Ww bread | Ww bread, ramen | Mashed potatoes, Ww bread | Ww bread |
| MILK / ALTERNATIVE | milk | Milk, cheese | Milk | Milk | Milk, |
| MEAT/ ALTERNATIVE | Beef | Cheese, puree chick peas | Pork | Ground beef | Haddock |
| PM SNACK  2 FOOD GROUPS  ONE IS FRUIT OR  VEGETABLE | SNACK DESCRIPTION | Carrot Pineapple Muffins | Granola bars & apples | Dry cereal & melon | Yogurt Bananas | Toast with strawberries & PB |
| VEGETABLE/ FRUIT | Carrot, Pineapple, Oranges | Apples | Honeydew, cantaloupe, watermelon | Bananas | Strawberries |
| GRAIN PRODUCT | Muffins | Granola bars | Multigrain cheerios, shreddies, etc |  |  |
| MILK / ALTERNATIVE |  |  |  | Yogurt | Peanut butter |
| MEAT / ALTERNATIVE |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| WEEK #4 |  | MONDAY | | TUESDAY | | WEDNESDAY | THURSDAY | | FRIDAY | |
| AM SNACK  (2 FOOD GROUPS  ONE MUST BE FRUIT  OR VEGETABLE) | DESCRIPTION | Toast and Oranges | | Cereal , Bananas | | French toast & Blueberries | Bagels , Apples | | Oatmeal , Mixed Berries | |
| VEGETABLE/FRUIT | Oranges | | Bananas | | Blueberries | Apples | | Mixed berries | |
| GRAIN PRODUCT | Ww toast | | Cheerios, shreddies mini wheats | | bread | Ww bagels | | Oatmeal | |
| MILK/ALTERNATIVE | Milk | | Milk | | Milk | Milk | | Milk | |
| MEAT /ALTERNATIVE | |  | |  | egg | |  | |  |
| LUNCH  ALL 4 FOOD  GROUPS ARE  INCLUDED | LUNCH DESCRIPTION | Spaghetti in Meat Sauce | | Chicken Corn chowder | | Quiche | Sloppy joes | | Tuna melts | |
| VEGETABLE OR fruit | Diced tomato, tomato sauce | | Corn, onions, Carrots or peas | | Broccoli, onion, celery, red pepper | Veggie sticks (carrot & cucumber), sweet potato | | Onion, mixed veggies | |
| GRAIN PRODUCT | Ww bread , pasta | | Ww bread | | Ww bread | Ww bread | | Ww bread | |
| MILK / ALTERNATIVE | Milk | | Milk , | | Milk, cheese | Milk | | Milk, cheese | |
| MEAT/ ALTERNATIVE | Lean ground beef | | Chicken | | Egg | Lean ground beef | | Tuna | |
| PM SNACK  2 FOOD GROUPS  ONE IS FRUIT OR  VEGETABLE | SNACK DESCRIPTION | Banana bread muffins & apples | | Yogurt & apples | | Oatmeal cookies & banana | Rice Cakes, Melon | | Dry Cereal, Oranges | |
| VEGETABLE/ FRUIT | Banana, apples | | Apples | | banana | Cantaloupe, honeydew | | Oranges | |
| GRAIN PRODUCT | Ww muffins | | Ww Bread | |  | Rice cakes | | Cheerios, shreddies, mini wheats | |
| MILK / ALTERNATIVE |  | | yogurt | |  |  | |  | |
| MEAT / ALTERNATIVE |  | |  | | Peanut butter |  | |  | |