

## Sample Weekly Menu

	Date:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit
	Cereal Eggs Bread	Waffles Sausage	Toast Oatmeal	Sausage Eggs	Bacon Eggs	Hash Browns Sausages	Grits Cornbeef Hash Toast with Jelly	Omelet Croissant
	Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
	Other Foods		Yogurt	Yogurt				
Lunch	Meat or Meat Alternative Bread	Cold Cut Sandwich	Chicken Salad or Tuna Salad	Chicken Nuggets French Fries	Chili & Crackers	Hot Dogs Pork-n-Beans	Peanut Butter & Jelly Sandwich or Chicken Patty French Fries	Soup & Crackers
	Vegetable Fruit Salad	Cantaloupe	Banana	Apple	Banana	Apple	Banana	Apple
	Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
	Other Foods	Beverage of Choice Cookies	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice
Dinner	Meat or Meat Alternative Bread	Meatloaf	turkey	Salisbury Steak	Salmon	Steak	Baked Chicken	Spaghetti and Meatballs
	Vegetable Fruit Salad	Broccoli Mashed Potatos	Rice GreenBeans Beats	Macaroni & Cheese Peas	Rice Corn	Cabbage Mashed Potato	Pasta Mixed Vegetables	Tomatoes
	Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
	Other Foods	Ice-cream Beverage of Choice	Ice-cream Beverage of Choice	Ice-cream Beverage of Choice	Ice-cream Beverage of Choice	Ice-cream Beverage of Choice	Ice-cream Beverage of Choice	Ice-cream Beverage of Choice
Snack	Milk Juice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice
	Bread Cracker							
	Other Foods	Sweet Rolls	Chips	Cookies	yogurt	Raisins	Banana	Cookies