

Monday	Tuesday	Wednesday	Thursday	Friday
17. Breakfast	18. Breakfast	19. Breakfast	20. Breakfast	21. Breakfast
Milk	Milk	Milk	Milk	Milk
Yogurt	WG Biscuit	Dry cereal	Scrambled eggs	WG waffles
Sliced Strawberries	Turkey sausage patty	Mixed berries	WG cinnamon toast	Syrup
Granola	Sliced Oranges		Unsweetened	Sliced Bananas
	Jelly	<u>Lunch</u>	applesauce	
Lunch	<u>Lunch</u>	Baked turkey breast	<u>Lunch</u>	<u>Lunch</u>
Crispy Bake Chicken	Bean and cheese	Creamed spinach	BBQ chicken	WG Spaghetti with
WG Macaroni and	burrito	Watermelon	WG bun	meatballs
Cheese	Sliced tomatoes	WG dinner roll	Baked Beans	Steamed broccoli
Green Beans	Pears	Milk	Milk	Sweet potato Fries
Pineapple	Milk		<u>Snack</u>	Milk
Milk		<u>Snack</u>	Sunflower butter	
	<u>Snack</u>	Yogurt	banana sushi	<u>Snack</u>
<u>Snack</u>	Applesauce	Seasonal fruit		100% fruit Juice
Cheese Cube	Graham crackers			WG goldfish
WG Crackers				
Week 1				
24. Breakfast	25. Breakfast	26. Breakfast	27. Breakfast	28. Breakfast
Milk	Milk	Milk	Milk	Milk
Dry Cereal	Scrambled eggs with	WG pancakes	Scrambled Eggs	Oatmeal
Mixed berries	cheese	Syrup	WG muffin	Sliced Banana
	WG toast	Mandarin oranges	Cantaloupe	
Lunch	Pineapple			<u>Lunch</u>
Hot Ham and Chesee		<u>Lunch</u>	Lunch	Bean burrito bowl
Sandwich	<u>Lunch</u>	Chicken and Cheese	Use your noodle	Diced fresh tomatoes
Peaches	Baked Fish	quesadillas	bake	Milk
Roasted cauliflower	WG dinner roll	Steamed yellow squash	Steamed Broccoli	
Milk	Green Beans	Watermelon	Pears	<u>Snack</u>
	Mashed Potatoes	Milk	Milk	100% fruit Juice
<u>Snack</u>	Milk			WG goldfish
Cheese cubes				
WG crackers	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	
Week 2	Apple sauce	Yogurt	Sunflower butter	
	Graham Crackers	Seasonal fruit	banana sushi	

		1
31. <u>Breakfast</u>		
Milk		
Yogurt		
Sliced strawberries		
Granola		
<u>Lunch</u>		
BBQ chicken		
WG Bun		
Canned Greens		
Baked Beans		
Milk		
<u>Snack</u>		
Cheese Cube		
WG Crackers		
Week 3		
Weeks		