

MENU: WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK				
Cereal Fresh Fruit Milk/Water	English Muffin With Protein Spread/butter Fresh Fruit Milk/Water	Waffles/Pancakes Syrup Fresh Fruit Milk/Water	Tea Biscuits Apple Sauce Fresh Fruit Milk/Water	Homemade muffins Fresh Fruit Milk/Water
LUNCH				
Grilled Cheese Baked Beans Vegetables Milk/Water Fresh Fruit	Rice and Chicken Cooked Veggies Milk/Water Fresh Fruit	Pizza Melt With cheese, meat and veggies Milk/Water Fresh Fruit	Spaghetti with meat sauce Garden Salad Milk/Water Fresh Fruit	Minestrone Soup With cooked vegetables Cheese Sandwiches Milk/Water Fresh Fruit
AFTERNOON SNACK				
Yogurt Bread Sticks Fresh Fruit Water	Cheese chunks Crackers Fresh Fruit or Vegetable Water	Homemade Muffins Fresh Fruit Water	Pita with Hummus/ Fruit Jam Fresh fruit or Vegetables Water	Rice Cakes Fresh Fruit Water

MENU: WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK				
Cereal Fresh fruit Milk/Water	Bagel with Cream Cheese/butter Fresh Fruit Milk/Water	Waffles/Pancakes Syrup Fresh Fruit Milk/Water	Whole Wheat toast with Protein Spread/Butter Fresh fruit Milk/Water	Yogurt/ Oatmeal Breadsticks Fresh fruit Milk/Water
LUNCH				
Assorted Sandwiches Vegetables Fresh Fruit Milk/Water	Soft/Hard Tacos with meat, cheese, raw veggies Fresh Fruit Milk/Water	Homemade Macaroni and cheese Vegetables Fresh Fruit Milk/Water	Chicken and Rice Cooked Veggies Garden Salad Fresh Fruit Milk/Water	tortellini/ravioli Protein Sauce Cooked Veggies Bread Fresh Fruit Milk/Water
AFTERNOON SNACK				
Tortilla Chips Salsa Fresh Fruit or Vegetables Water	Crackers Fruit Jam Fresh Fruit or Vegetables Water	Homemade Muffins Fresh Fruit Water	Melba Toast with cream cheese Fresh Fruit or Vegetables Water	Cheese Chunks Pretzels Fresh Fruit or Vegetables Water

MENU: WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK				
<p style="text-align: center;">Cereal Fresh fruit Milk/Water</p>	<p style="text-align: center;">Whole Wheat toast Protein spread/Butter Apple sauce Fresh Fruit Milk/Water</p>	<p style="text-align: center;">English Muffin Fruit jam/ Butter Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Bagel with Cream cheese/Butter Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Waffles/Pancakes Syrup Fresh Fruit Milk/Water</p>
LUNCH				
<p style="text-align: center;">Lentils and Rice Cooked Veggies Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Chicken Casserole Cooked Veggies Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Soft/Hard Tacos Meat, cheese, raw veggies Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Pizza Melt Meat, Cheese and veggies Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Vegetable Soup With protein Cheese Sandwiches Fresh Fruit Milk/Water</p>
AFTERNOON SNACK				
<p style="text-align: center;">Crackers Vegetables & Dip Water</p>	<p style="text-align: center;">Tea Biscuits Fresh Fruit Water</p>	<p style="text-align: center;">Rice Cakes Fresh Fruit Water</p>	<p style="text-align: center;">Yogurt Fresh Fruit Breadsticks Water</p>	<p style="text-align: center;">Pita Hummus/Fruit Jam Fresh Fruit or Vegetables Water</p>

MENU: WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK				
<p style="text-align: center;">Cereal Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Bagel with Cream Cheese/Butter Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Yogurt Breadsticks Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Whole Wheat toast with Fruit Jam/Butter Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Homemade Muffins Fresh Fruit Milk/Water</p>
LUNCH				
<p style="text-align: center;">Chicken nuggets Buttered Noodles Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Grilled Cheese Baked Beans Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Macaroni and Cheese Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Chicken Chilli and Rice Cooked Veggies Raw Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Vegetable Soup With Protein Grilled Cheese Fresh Fruit Milk/Water</p>
AFTERNOON SNACK				
<p style="text-align: center;">Cheese Chunks Pretzels Fresh Fruit or Vegetables Water</p>	<p style="text-align: center;">Crackers Fruit Jam/Wow Butter Fresh Fruit Water</p>	<p style="text-align: center;">Melba Toast with Cream Cheese Fresh Fruit or Vegetables Water</p>	<p style="text-align: center;">Homemade Muffins Fresh Fruit Water</p>	<p style="text-align: center;">Tortilla Chips Salsa Fresh Fruit or Vegetables Water</p>

VEGETARIAN MENU: WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK				
Cereal Fresh Fruit Milk/Water	English Muffin With Protein Spread/butter Fresh Fruit Milk/Water	Waffles/Pancakes Syrup Fresh Fruit Milk/Water	Tea Biscuits Apple Sauce Fresh Fruit Milk/Water	Homemade muffins Fresh Fruit Milk/Water
LUNCH				
Grilled Cheese Baked Beans Vegetables Milk/Water Fresh Fruit	Rice and Protein Cooked Veggies Milk/Water Fresh Fruit	Pizza Melt With cheese, protein and veggies Milk/Water Fresh Fruit	Spaghetti with protein sauce Garden Salad Milk/Water Fresh Fruit	Minestrone Soup With cooked vegetables Cheese Sandwiches Milk/Water Fresh Fruit
AFTERNOON SNACK				
Yogurt Bread Sticks Fresh Fruit Water	Cheese chunks Crackers Fresh Fruit or Vegetable Water	Homemade Muffins Fresh Fruit Water	Pita with Hummus/ Fruit Jam Fresh fruit or Vegetables Water	Rice Cakes Fresh Fruit Water

VEGETARIAN MENU: WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK				
<p style="text-align: center;">Cereal Fresh fruit Milk/Water</p>	<p style="text-align: center;">Bagel with Cream Cheese/butter Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Waffles/Pancakes Syrup Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Whole Wheat toast with Protein Spread/Butter Fresh fruit Milk/Water</p>	<p style="text-align: center;">Yogurt/ Oatmeal Breadsticks Fresh fruit Milk/Water</p>
LUNCH				
<p style="text-align: center;">Assorted Sandwiches Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Soft/Hard Tacos with protein, cheese, raw veggies Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Homemade Macaroni and cheese Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Protein and Rice Cooked Veggies Garden Salad Fresh Fruit Milk/Water</p>	<p style="text-align: center;">tortellini/ravioli Protein Sauce Cooked Veggies Bread Fresh Fruit Milk/Water</p>
AFTERNOON SNACK				
<p style="text-align: center;">Tortilla Chips Salsa Fresh Fruit or Vegetables Water</p>	<p style="text-align: center;">Crackers Fruit Jam Fresh Fruit or Vegetables Water</p>	<p style="text-align: center;">Homemade Muffins Fresh Fruit Water</p>	<p style="text-align: center;">Melba Toast with cream cheese Fresh Fruit or Vegetables Water</p>	<p style="text-align: center;">Cheese Chunks Pretzels Fresh Fruit or Vegetables Water</p>

VEGETARIAN MENU: WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK				
Cereal Fresh fruit Milk/Water	Whole Wheat toast Protein spread/Butter Apple sauce Fresh Fruit Milk/Water	English Muffin Fruit jam/ Butter Fresh Fruit Milk/Water	Bagel with Cream cheese/Butter Fresh Fruit Milk/Water	Waffles/Pancakes Syrup Fresh Fruit Milk/Water
LUNCH				
Lentils and Rice Cooked Veggies Fresh Fruit Milk/Water	Protein Casserole Cooked Veggies Fresh Fruit Milk/Water	Soft/Hard Tacos Protein, cheese, raw veggies Fresh Fruit Milk/Water	Pizza Melt protein, Cheese and veggies Fresh Fruit Milk/Water	Vegetable Soup With protein Cheese Sandwiches Fresh Fruit Milk/Water
AFTERNOON SNACK				
Crackers Vegetables & Dip Water	Tea Biscuits Fresh Fruit Water	Rice Cakes Fresh Fruit Water	Yogurt Fresh Fruit Breadsticks Water	Pita Hummus/Fruit Jam Fresh Fruit or Vegetables Water

VEGETARIAN MENU: WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK				
<p style="text-align: center;">Cereal Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Bagel with Cream Cheese/Butter Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Yogurt Breadsticks Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Whole Wheat toast with Fruit Jam/Butter Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Homemade Muffins Fresh Fruit Milk/Water</p>
LUNCH				
<p style="text-align: center;">Potato Hasbrowns Buttered Noodles Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Grilled Cheese Baked Beans Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Macaroni and Cheese Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Protein Chilli and Rice Cooked Veggies Raw Vegetables Fresh Fruit Milk/Water</p>	<p style="text-align: center;">Vegetable Soup With Protein Grilled Cheese Fresh Fruit Milk/Water</p>
AFTERNOON SNACK				
<p style="text-align: center;">Cheese Chunks Pretzels Fresh Fruit or Vegetables Water</p>	<p style="text-align: center;">Crackers Fruit Jam/Wow Butter Fresh Fruit Water</p>	<p style="text-align: center;">Melba Toast with Cream Cheese Fresh Fruit or Vegetables Water</p>	<p style="text-align: center;">Homemade Muffins Fresh Fruit Water</p>	<p style="text-align: center;">Tortilla Chips Salsa Fresh Fruit or Vegetables Water</p>