## Menu for Week 1

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Whole Wheat Bagel</td>
<td>General Mills Cheerios</td>
<td>Aunt Jemima Whole Grain Waffles</td>
<td>General Mills Kix Cereal</td>
<td>Oatmeal</td>
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<tr>
<td></td>
<td>Pears 1%/Whole Milk</td>
<td>Bananas 1%/Whole Milk</td>
<td>Pineapple 1%/Whole Milk</td>
<td>Strawberries 1%/Whole Milk</td>
<td>Peaches 1%/Whole Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Barbeque Chicken on Whole</td>
<td>Chicken Caesar-Style Salad (chicken, iceberg</td>
<td>Cuban Black Beans &amp; Brown Rice Stir-</td>
<td>Spaghetti with Turkey Meat Sauce</td>
<td>Tuna Salad on Croissant</td>
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<td></td>
<td>Wheat Bun</td>
<td>&amp; romaine lettuce)</td>
<td>fried Mixed Vegetables</td>
<td>Tossed Salad Corn 1%/Whole Milk</td>
<td>Sweet Potato Fries Nectarines</td>
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<tr>
<td></td>
<td>Baked Beans</td>
<td>Breadstick</td>
<td>Mangoes 1%/Whole Milk</td>
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<tr>
<td></td>
<td>Watermelon</td>
<td>Strawberries 1%/Whole Milk</td>
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<tr>
<td><strong>PM Snack</strong></td>
<td>Kraft Triscuits</td>
<td>Pasta Vegetable Salad (spiral noodles, mixed</td>
<td>Oyster Crackers</td>
<td>Toasted Pita Chips</td>
<td>Nabisco Wheat Thins</td>
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<tr>
<td></td>
<td>Apples</td>
<td>veggies) Water</td>
<td>Oranges 1%/Whole Milk</td>
<td>Hummus Water</td>
<td>String Cheese Water</td>
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<tr>
<td></td>
<td>Water</td>
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### Menu for Week 2

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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>General Mills Rice Chex Cereal Blueberries 1%/Whole Milk</td>
<td>Whole Wheat English Muffin Applesauce 1%/Whole Milk</td>
<td>Aunt Jemima Whole Grain French Toast Mandarin Oranges 1%/Whole Milk</td>
<td>Rice Krispies Fruit Salad 1%/Whole Milk</td>
<td>General Mills Wheaties Raspberries 1%/Whole Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Summer Pita Sandwich (chicken on whole wheat pita) Carrot Raisin Salad Pineapple 1%/Whole Milk</td>
<td>Sweet &amp; Sassy Chicken Whole Wheat Roll Steamed Broccoli Peaches 1%/Whole Milk</td>
<td>Egg Salad Sandwich on whole wheat bread Sunshine Salad (Spinach, Red Onion, Cucumbers, Oranges) Cantaloupe 1%/Whole Milk</td>
<td>Beef Taco on Whole Grain Tortilla Beans ala Charra (Charro Beans) Lettuce &amp; Tomato 1%/Whole Milk</td>
<td>Hamburger on whole wheat bun Tasty tots (made with sweet potatoes &amp; chickpeas) Rainbow Fruit Salad (mangoes, blueberries, nectarines, strawberries, grapes, bananas, &amp; kiwi) 1%/Whole Milk</td>
</tr>
<tr>
<td><strong>PM Snack</strong></td>
<td>Yogurt Parfait (Greek Vanilla Yogurt, &amp; Strawberries) Water</td>
<td>Rice Cakes made with whole grain brown rice Oranges Water</td>
<td>Monkey Munch Trail Mix (sunflower seeds, dried cranberries, banana chips, puffed rice cereal &amp; pumpkin seeds) Apples Water</td>
<td>Nabisco Whole Wheat Ritz Crackers American Cheese Water</td>
<td>Veggie Bagel Buddies (cauliflower, carrots, and broccoli, cream cheese spread on whole wheat bagel) Water</td>
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## Menu for Week 3

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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Post Honey Roasted Honey Bunches of Oats Pineapple 1%/Whole Milk</td>
<td>Grits Plums 1%/Whole Milk</td>
<td>Kellogg’s Special K Cereal Bananas 1%/Whole Milk</td>
<td>Post Alpha Bits Cereal Oranges 1%/Whole Milk</td>
<td>Kellogg’s Crispix Cereal Peaches 1%/Whole Milk</td>
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<tr>
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<td>Macaroni and Cheese w/Ham Green Beans Applesauce 1%/Whole Milk</td>
<td>Crunchy Hawaiian Chicken Wrap on Whole Grain Tortilla Pinto Beans Pineapple 1%/Whole Milk</td>
<td>Vegetable Lasagna (zucchini, mushrooms, broccoli, mozzarella cheese) Spinach Salad Pears 1%/Whole Milk</td>
<td>Cheesy Chicken Broccoli Bake with Brown Rice Butter Beans Watermelon 1%/Whole Milk</td>
<td>Tuna &amp; Egg Noodles Casserole Peas Fruit Salad 1%/Whole Milk</td>
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<tr>
<td></td>
<td>Pretzels Bananas Water</td>
<td>Pepperidge Farms Whole Grain Goldfish Apples Water</td>
<td>Mini Cheese Pizza (Whole wheat English Muffin with mozzarella cheese) Water</td>
<td>Ants on log (celery, peanut butter or soy butter &amp; raisins) Water</td>
<td>Turkey and Cheese Wrap (Turkey Lunchmeat &amp; American Cheese on Whole Wheat Tortilla) Water</td>
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## Menu for Week 4

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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Post Grape-Nuts Flakes Raspberries 1%/Whole Milk</td>
<td>Kellogg’s Corn Flakes Blueberries 1%/Whole Milk</td>
<td>General Mills Corn Chex Cereal Tangerines 1%/Whole Milk</td>
<td>Whole Wheat Cinnamon Toast Applesauce 1%/Whole Milk</td>
<td>General Mills Total Whole Grain Cereal Fruit Salad 1%/Whole Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Pizza with Ground Beef Topping Broccoli Salad Pineapple 1%/Whole Milk</td>
<td>Turkey Meatloaf Whole Wheat Roll Yellow Squash Peaches 1%/Whole Milk</td>
<td>Ground Beef Meatball Sub on Whole Grain Hoagie Roll Roasted Potato Salad Bananas 1%/Whole Milk</td>
<td>American Sub Sandwich (Turkey, Ham and Cheese on whole wheat roll) Sweet Potato Salad Watermelon 1%/Whole Milk</td>
<td>Baked Fish Scandia Hush puppies Okra with Tomatoes Pears 1%/Whole Milk</td>
</tr>
<tr>
<td><strong>PM Snack</strong></td>
<td>Friends Trail Mix (Chex cereal, Cheerios, Dried Apricots, Raisins &amp; Pretzels) Water</td>
<td>Rainbow Salsa Whole Grain Tortilla Chips Water</td>
<td>Club Crackers Oranges Water</td>
<td>Vegetable Quesadilla (black beans, green peppers, corn, tomatoes, Monterey jack cheese on whole grain tortilla) Water</td>
<td>Beautiful Butterflies Chicken Salad on Whole Wheat Bread Water</td>
</tr>
</tbody>
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