

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Assorted Cereals (cheerios, raisin bran, corn flakes, rice krispies, or chex) Fruit Milk/Water	Vanilla Yogurt Granola (rolled oats, brown sugar, cinnamon, oil, milk) Berries Milk/Water	Carrot Muffins Fruit Milk/Water	Cinnamon French Toast with syrup Fruit Milk/Water	Apple Cinnamon Oatmeal (rolled oats cooked with cinnamon & frozen apple chunks) Fruit Milk/Water
Lunch	Baked Macaroni & Cheese (homemade cheese sauce and noodles topped with breadcrumbs and shredded cheese) Mixed Vegetables Fruit Milk/Water	Shepherd's Pie (layers of seasoned ground beef, mixed vegetables topped with mashed potatoes) Tomato and Cucumber Slices Fruit Milk/Water	Italian Meatballs (meatballs baked with sweet & sour sauce) Steamed Rice Mixed Vegetables Sorbet with Cones Milk/Water	Roasted Chicken Breasts Mashed Sweet Potatoes Cooked Broccoli Fruit Milk/Water	Lemon Garlic Haddock (haddock fillets baked with lemon & garlic) Quinoa (cooked in vegetable broth) Mixed Vegetables Fruit Milk/Water
PM Snack	Hummus Naan Bites Pepper Strips Water	Hard Boiled Eggs Soda Crackers Pickled Beets Water	Cheese Cubes (various cheeses) Dill Pickle Spears Crackers Fruit Water	Fruit Social Tea Cookies Water	Bruschetta Herb & Garlic Cream Cheese Plain Rice Cakes Water

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Waffles with Butter & Syrup Fruit Milk/Water	Banana Muffins Fruit Milk/Water	Overnight Oats (rolled oats, chia seeds, oat milk & sugar free syrup) Berries Water	Scrambled Eggs Sliced Tomatoes Melba Toast Milk/Water	Assorted Cereal (cheerios, raisin bran, corn flakes, rice krispies or chex) Fruit Milk/Water
Lunch	Tuna Salad Sandwiches (tuna, mayo, celery, dill on sliced bread) Garden Salad with Dressing (iceberg lettuce and chopped fresh vegetables) Dill Pickles Fruit Milk/Water	Maple Barbeque Chicken Thighs (chicken thighs baked with a maple BBQ sauce) Cooked Rice Mixed Vegetables Fruit Milk/Water	Cheese Ravioli in a Tomato Sauce (cheese filled ravioli served in a tomato sauce with spinach) Caesar Salad (romaine lettuce tossed in a homemade caesar dressing) Fruit Milk/Water	Pulled Pork (slow cooked pork in a honey garlic BBQ sauce) Creamy Coleslaw (red/green cabbage and shredded carrots in a creamy coleslaw dressing) Dinner Roll Fruit Milk/Water	Meatloaf (ground beef meatloaf served with a ketchup and brown sugar glaze) Mashed Potatoes Mixed Vegetables Fruit Milk/Water
PM Snack	Apple Sauce Arrowroot Cookies Water	Snack Surprise Water	Plain Rice Cakes Wow Butter Fruit Water	Cinnamon Naan Bites Fruit Water	Frozen Yogurt Tubes Fruit Water

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Maple & Brown Sugar Oatmeal (rolled oats cooked with maple syrup & brown sugar) Fruit Milk/Water	Raisin Bran Muffins Fruit Milk/Water	English Muffins with Cream Cheese and Tomato Milk/Water	Assorted Cereal (cheerios, raisin bran, corn flakes, rice krispies or chex) Fruit Milk/Water	Vanilla Yogurt Granola (rolled oats, brown sugar, cinnamon, oil, milk) Berries Water
Lunch	Wow Butter & Jam Sandwiches on sliced bread Sweet Pickles Veggies & Ranch Dip (cucumbers, peppers, tomato wedges) Fruit Milk/Water	Parmesan Breaded Haddock (haddock fillets in a parmesan breading) Tartar Sauce Quinoa (cooked in vegetable broth) Green Beans Fruit Milk/Water	Chicken Divan (diced chicken and broccoli in a cream sauce topped with cheese and bread crumbs) Cooked Rice Steamed Carrots Fruit Milk/Water	Homemade Burgers (seasoned beef patties topped with cheese) Lettuce, Pickles, Tomatoes, Ketchup & Mustard Garden Salad with Dressing (iceberg lettuce and chopped fresh vegetables) Fruit Milk/Water	Sausage and Tortellini Soup (cheese tortellini, ground sausage, carrots, zucchini, celery and diced tomatoes) Mozzarella Cheese Cubes Soda Crackers Fruit Milk/Water
PM Snack	Nutrigrain Bars Fruit Water	Hummus Bread Sticks Carrots Water	Devilled Eggs Dill Pickles Melba Toast Water	Fruit Dip (strawberry yogurt and cool whip) Fruit Arrowroot Cookies Water	Fresh Veggie Sticks Ranch Dip Crackers Water

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Assorted Cereals (cheerios, raisin bran, corn flakes, rice Krispies or Chex) Fruit Milk/Water	Cinnamon Oatmeal (rolled oats cooked with cinnamon and brown sugar) Fruit Milk/Water	Whole Wheat Bagels with Butter Sliced Cheddar Cheese Tomato Slices Milk/Water	Overnight Oats (rolled oats, chia seeds, oat milk & sugar free syrup) Berries Water	Blueberry Muffins Fruit Milk/Water
Lunch	Tuna Melts (tuna, green onion, mayonnaise and shredded cheese baked on an English muffin) Broccoli Salad (broccoli, red onion, bacon crumble, raisins, shredded cheese & mayonnaise) Fruit Milk/Water	Egg Salad Sandwiches (hard boiled eggs mixed with diced green onions, celery and mayo) Peppers and Carrot Sticks with Ranch Dip Sweet Pickles Fruit Milk/Water	Creamy Chicken and Spinach Soup with Pasta (creamy chicken broth with pasta, spinach and vegetables) Soda Crackers Fruit Milk/Water	Vegetarian Butter “Chicken” (vegetarian curry dish made with paneer in a buttery, tomato-based sauce) Cooked Rice Garden Salad with Dressing (iceberg lettuce and chopped fresh vegetables) Naan Bread Fruit Milk/Water	Beef Tacos (seasoned beef on a tortilla) Shredded Lettuce Shredded Cheese Sour Cream & Salsa Fruit Milk/Water
PM Snack	Cheese Cubes (various cheeses) Crackers Fruit Water	Taco Dip (salsa, sour cream, shredded cheese) Tortilla Chips Water	Plain Rice Cakes Wow Butter Fruit Water	Fruit Salad Social Tea Biscuits Water	Strawberry Oat Bars Fruit Water

Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Scrambled Eggs with spinach, peppers and onion Tator Tots Milk/Water	Assorted Cereals (cheerios, raisin bran, corn flakes, rice krispies or chex) Fruit Milk/Water	Apple Muffins Fruit Milk/Water	Cinnamon Raisin Bagels with Butter Mango slices Milk/Water	Vanilla Yogurt Granola (rolled oats, brown sugar, cinnamon, oil, milk) Berries Water
Lunch	Creamy Tomato Soup Soda Crackers Grilled Cheese Sandwiches Sweet Pickles Fruit Milk/Water	Pork Souvlaki (diced pork marinated overnight and oven roasted) Homemade Tzatziki (a refreshing sauce made with greek yogurt, grated cucumber and dill) Greek Orzo Pasta (orzo pasta, tomatoes, cucumber, red onion, feta cheese and kalamata olives) Fruit Milk/Water	Penne in Beef Ragu (penne served in a ground beef tomato sauce) Caesar Salad (romaine lettuce tossed in a homemade caesar dressing) Fruit Milk/Water	Baked Salmon with Creamy Dill Sauce (baked salmon fillets served with a creamy sauce made from mayo, sour cream, lemon juice and dill) Quinoa (cooked in a vegetable broth) Peas and Carrots Fruit Milk/Water	Chicken Salad Sandwiches (baked chicken, shredded and mixed with mayo, celery & green onions, served on white bread) Dill Pickles Fresh Veggie Sticks Ranch Dip Fruit Milk/Water
PM Snack	Tuna Salad (tuna, mayonnaise, celery & dill) Crackers Fruit Water	Snack Surprise Water	Apple Slices Wow Butter Graham Crackers Water	Homemade Spinach Dip (mayo, sour cream, cheese & vegetable soup mix) Naan Bites Water	Frozen Yogurt Tubes Fruit Water