Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 cup grits	2 slices toast with	1 cup grits	2 slices toast with	1 cup grits	1 muffin	1 muffin
2 turkey sausage	2 tablespoons	2 turkey sausage	2 tablespoons	2 turkey sausage	1 scrambled egg	1 scrambled egg
links or 2 turkey	peanut butter	links or 2 turkey	peanut butter	links or 2 turkey	1 orange	1 orange
bacon strips	1 banana	bacon strips	1 orange	bacon strips	1 cup yogurt	1 cup yogurt
1 banana	1 cup milk	1 banana	1 cup milk	1 banana		
1 cup milk		1 cup milk		1 cup milk		
1 tuna fish sandwich	1 tuna fish sandwich	1 <u>Meatloaf</u> sandwich	1 <u>Meatloaf</u> sandwich	1 serving <u>Chicken</u>	1 serving <u>Chicken</u>	1 serving <u>Turkey</u>
1 cup side salad:	1 cup side salad:	½ cup <u>Bean Salad</u>	½ cup <u>Bean Salad</u>	Pasta Salad	Pasta Salad	Sausage or bacon
lettuce, tomato,	lettuce, tomato,	1/2 cup sliced carrots	¹ / ₂ cup sliced carrots	1 muffin	1 muffin	and Potato Hash
onion	onion	1/2 cup fresh fruit	1/2 cup applesauce	½ cup <u>Bean Salad</u>	½ cup <u>Bean Salad</u>	1 muffin
1/2 cup sliced	1/2 cup sliced	1 cup milk	1 cup milk	1/2 cup applesauce	1/2 cup canned fruit	1/2 cup canned fruit
cucumber	cucumber			1 cup yogurt	1 cup yogurt	1 cup yogurt
1 banana	1 banana					
1 cup milk	1 cup milk					
1 serving <u>Meatloaf</u>	1 serving <u>Meatloaf</u>	1 serving <u>Sheet Pan</u>	1 serving <u>Sheet Pan</u>	1 serving <u>BBQ</u>	1 Baked Fish filet	1 serving <u>BBQ</u>
1 cup pasta	1 cup pasta	<u>Fajitas</u>	<u>Fajitas</u>	Chicken Breast	with lemon pepper	Chicken Breast
1/2 cup cooked green	1/2 cup cooked green	1 cup rice	1 cup rice	1 cup rice	1 cup grits	1 cup rice
vegetable	vegetable	1/2 cup black beans	1/2 cup black beans	1 baked potato	1/2 cup frozen	1∕₂ cup frozen
1 cup side salad:	1 cup side salad:	1/2 cup fresh fruit	1/2 cup canned fruit	1/2 cup black beans	vegetable	vegetable
lettuce, tomato,	lettuce, tomato,	1 cup milk	1 cup milk	1/2 cup canned fruit	1/2 cup roasted	1/2 cup roasted
onion	onion			1 cup milk	carrots	carrots
½ cup fresh fruit	½ cup fresh fruit				1/2 cup applesauce	1/2 cup applesauce
1 cup milk	1 cup milk				1 cup milk	1 cup milk

WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 cup oatmeal	2 slices toast with	1 cup oatmeal	2 slices toast with	1 cup oatmeal	Egg sandwich with	Egg sandwich with
1 scrambled egg	1 tablespoon peanut	1 scrambled egg	1 tablespoon peanut	1 scrambled egg	2 slices toast	2 slices toast
1 banana	butter	1 banana	butter	1 orange	1 fried egg	1 fried egg
1 cup milk	1 banana	1 cup milk	1 orange	1 cup milk	1 slice cheese	1 slice cheese
	1 cup yogurt		1 cup yogurt			
					1 orange	1 orange
					1 cup yogurt	1 cup yogurt
1 Grilled Ham and	1 Grilled Ham and	1 serving <u>Ham and</u>	1 serving <u>Ham and</u>	1 serving <u>Chicken</u>	1 serving Chicken	1 serving Ham and
Cheese Sandwich	Cheese Sandwich	Cheese Roll-Ups	Cheese Roll-Ups	Noodle Soup	Noodle Soup	Cheese Roll-Ups
1 cup side salad:	1 cup side salad:	1/2 cup roasted sweet	½ cup <u>Cucumber</u>	1 slice bread	1 slice bread	½ cup <u>Cucumber</u>
lettuce, tomato,	lettuce, tomato,	potatoes	<u>Salad</u>	½ cup <u>Cucumber</u>	½ cup <u>Cucumber</u>	<u>Salad</u>
onion	onion	¹ ∕₂ cup sliced carrots	¹ / ₂ cup roasted sweet	<u>Salad</u>	<u>Salad</u>	¹ ∕₂ cup sliced carrots
1 cup tomato soup	1 cup tomato soup	½ cup fresh fruit	potatoes	1/2 cup canned fruit	1/2 cup applesauce	¹ ∕₂ cup applesauce
1 banana	1 banana	1 cup yogurt	1/2 cup canned fruit	1 cup milk	1 cup milk	1 cup yogurt
1 cup milk	1 cup milk		1 cup yogurt			
1 BBQ Pork Chop	1 BBQ Pork Chop	1 Lemon Pepper	1 Lemon Pepper	1 baked fish filet	2 Pork Carnitas tacos	2 Pork Carnitas tacos
1 cup pasta	1 cup pasta	<u>Chicken Thigh</u>	Chicken Thigh	1 cup rice	1/2 cup refried beans	1/2 cup refried beans
¹ / ₂ cup roasted sweet	¹ / ₂ cup roasted sweet	1 cup rice	1 cup rice	1 serving cooked	½ cup frozen	½ cup frozen
potatoes	potatoes	1 serving cooked	1 serving cooked	<u>Greens</u>	vegetable	vegetable
1 cup side salad:	1 cup side salad:	<u>Greens</u>	<u>Greens</u>	½ cup frozen	1/2 cup canned fruit	1/2 cup canned fruit
lettuce, tomato,	lettuce, tomato,	1/2 cup roasted	1/2 cup roasted	vegetable	1 cup milk	1 cup milk
onion	onion	carrots	carrots	1/2 cup applesauce		
1/2 cup fresh fruit	½ cup fresh fruit	½ cup fresh fruit	1/2 cup applesauce	1 cup milk		
1 cup milk	1 cup milk	1 cup milk	1 cup milk			

WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 cup grits with	2 slices toast with	1 cup grits with	2 slices toast with	1 cup grits with	2 slices French Toast	2 slices French Toast
1 oz cheese	1 tablespoon peanut	1 oz cheese	1 tablespoon peanut	1 oz cheese	1 scrambled egg	1 scrambled egg
1 banana	butter	1 banana	butter	1 orange	1 orange	1 orange
1 cup milk	1 banana	1 cup milk	1 orange	1 cup milk	1 cup yogurt	1 cup yogurt
	1 cup yogurt		1 cup yogurt			
1 tuna fish sandwich	1 tuna fish sandwich	1 serving <u>Chicken</u>	1 serving <u>Chicken</u>	1 <u>Hamburger</u>	1 Hamburger	1 grilled cheese
1 cup side salad:	1 cup side salad:	<u>Salad</u>	<u>Salad</u>	1 hamburger bun	1 hamburger bun	sandwich
lettuce, tomato,	lettuce, tomato,	1 muffin	1 muffin	1/2 cup roasted	½ cup roasted	½ cup frozen
onion	onion	½ cup <u>Chickpea</u>	½ cup <u>Chickpea</u>	carrots	carrots	vegetable
1/2 cup sliced	1/2 cup sliced	<u>Salad</u>	<u>Salad</u>	½ cup baked beans	1/2 cup baked beans	½ cup <u>Chickpea</u>
tomatoes with salt	tomatoes with salt	¹ ∕₂ cup sliced	¹ ∕ ₂ cup sliced	1/2 cup applesauce	1/2 cup canned fruit	<u>Salad</u>
and pepper	and pepper	cucumber	cucumber	1 cup yogurt	1 cup milk	½ cup canned fruit
1 banana	1 banana	1/2 cup fresh fruit	1/2 cup applesauce			1 cup milk
1 cup yogurt	1 cup milk	1 cup yogurt	1 cup yogurt			
1 serving <u>Chicken</u>	1 serving <u>Chicken</u>	1 <u>Hamburger</u>	1 Hamburger	1 baked fish filet	1 BBQ Chicken	1 BBQ Chicken
and Broccoli Fried	and Broccoli Fried	1 hamburger bun	1 hamburger bun	1 cup rice	Stuffed Sweet	Stuffed Sweet
<u>Rice</u>	<u>Rice</u>	1/2 cup roasted	1/2 cup roasted	½ cup broccoli	<u>Potato</u>	<u>Potato</u>
1 cup side salad:	1 cup side salad:	carrots	carrots	½ cup frozen	1 muffin	1 muffin
lettuce, tomato,	lettuce, tomato,	1/2 cup baked beans	1/2 cup baked beans	vegetable	½ cup frozen	½ cup frozen
onion	onion	1/2 cup fresh fruit	1/2 cup canned fruit	1/2 cup canned fruit	vegetable	vegetable
½ cup fresh fruit	½ cup fresh fruit	1 cup milk	1 cup milk	1 cup milk	1/2 cup applesauce	1/2 cup applesauce
1 cup milk	1 cup milk				1 cup milk	1 cup milk

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 serving Overnight	1 serving Overnight	1 serving Overnight	2 slices toast with	2 slices toast with	1 cup grits	1 cup grits
Oats	Oats	Oats	1 tablespoon peanut	1 tablespoon peanut	1 fried egg	1 fried egg
1 banana	1 banana	1 banana	butter	butter	1 serving Fried	1 serving <u>Fried</u>
1 cup milk	1 cup milk	1 cup milk	1 orange	1 orange	Potatoes and Onion	Potatoes and Onion
			1 cup yogurt	1 cup yogurt	1 orange	1 orange
					1 cup milk	1 cup milk
Deli Salad:	Deli Salad:	1 turkey sandwich on	1 turkey sandwich on	1 serving <u>Chicken</u>	1 serving <u>Chicken</u>	1 <u>Turkey Melt</u>
1 cup lettuce	1 cup lettuce	2 slices bread	1 hamburger bun	and Rice Soup	and Rice Soup	½ cup <u>Corn Salad</u>
1/2 cup onion, tomato,	¹ ∕₂ cup onion,	1 cup vegetable soup	½ cup <u>Corn Salad</u>	1 muffin	1 muffin	¹ ∕₂ cup applesauce
cucumber, carrot	tomato, cucumber,	½ cup <u>Corn Salad</u>	1 cup vegetable soup	½ cup <u>Corn Salad</u>	¹ ∕₂ cup applesauce	1 cup yogurt
2 oz sliced deli	carrot	½ cup fresh fruit	1/2 cup canned fruit	1/2 cup canned fruit	1 cup milk	
turkey	2 oz sliced deli	1 cup yogurt	1 cup yogurt	1 cup milk		
	turkey					
1 muffin						
1 banana	1 muffin					
1 cup yogurt	1 banana					
	1 cup yogurt					
1 <u>Teriyaki Chicken</u>	1 <u>Teriyaki Chicken</u>	1 <u>Burrito Bowl</u>	1 <u>Burrito Bowl</u>	1 serving <u>Turkey</u>	1 serving <u>Turkey</u>	Fish Sandwich with
<u>Sandwich</u> on	<u>Sandwich</u> on	1 cup rice	1 cup rice	<u>Meatballs</u>	<u>Meatballs</u>	1 baked fish filet on
1 hamburger bun	1 hamburger bun	1/2 cup black beans	1/2 cup black beans	1 cup pasta with	1 cup pasta with	1 hamburger bun
1 cup <u>Greens</u>	1 cup <u>Greens</u>	1/2 cup frozen corn	1/2 cup frozen corn	¹ / ₂ cup tomato sauce	1/2 cup tomato sauce	1 baked potato
1 cup side salad:	1 cup side salad:	1/2 cup fresh fruit	1/2 cup applesauce	½ cup frozen	⅓ cup frozen	1/2 cup frozen
lettuce, tomato,	lettuce, tomato,	1 cup milk	1 cup milk	vegetable	vegetable	vegetable
onion	onion			1/2 cup applesauce	1/2 cup canned fruit	1/2 cup canned fruit
1/2 cup fresh fruit	1/2 cup fresh fruit			1 cup milk	1 cup milk	1 cup milk
1 cup milk	1 cup milk					

Week 4