

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

Offered every day: 6-8 oz of fruit juice

WEEK 1

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

Offered every day: 6-8 oz of fruit juice

WEEK 2

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

Offered every day: 6-8 oz of fruit juice

Week 3

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

Offered every day: 6-8 oz of fruit juice

Week 4

