

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 serving Fruit and Yogurt Parfait 1 muffin 1 banana 1 cup milk D	2 slices toast 1 scrambled egg 1 banana 1 cup yogurt D	1 serving Fruit and Yogurt Parfait 1 muffin 1 banana 1 cup milk D	2 slices toast 1 scrambled egg 1 orange 1 cup yogurt D	1 serving Fruit and Yogurt Parfait 1 muffin 1 orange 1 cup milk D	1 sandwich with: 2 slices toast 1 egg 1 cheese slice 1 tomato slice 1 orange 1 cup yogurt D	1 sandwich with: 2 slices toast 1 egg 1 cheese slice 1 tomato slice 1 orange 1 cup yogurt D
1 tuna fish sandwich on 2 Challah slices 1 cup side salad: lettuce, tomato, onion ½ cup sliced carrots 1 banana 1 cup yogurt D	1 tuna fish sandwich on 2 Challah slices 1 cup side salad: lettuce, tomato, onion ½ cup sliced carrots 1 banana 1 cup milk D	1 serving Chicken Noodle Soup 1 muffin ½ cup sliced cucumber ½ cup fresh fruit M 1 cup yogurt	1 serving Chicken Noodle Soup 1 muffin ½ cup sliced cucumber ½ cup canned fruit M 1 cup milk	1 serving Meatballs in Marinara Sauce 1 cup pasta with marinara sauce ½ cup Bean Salad ½ cup canned fruit M 1 cup yogurt	1 serving Meatballs in Marinara Sauce 1 cup pasta with marinara sauce ½ cup Bean Salad ½ cup applesauce M 1 cup milk	1 serving Gefilte fish 2 Challah slices ½ cup Bean Salad ½ cup sliced cucumber ½ cup applesauce 1 cup cottage cheese D
1 serving Chicken and Vegetable Stir Fry 1 cup rice 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit M 1 cup milk	1 serving Chicken and Vegetable Stir Fry 1 cup rice 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit M 1 cup milk	1 serving Meatballs in Marinara Sauce 1 cup pasta with marinara sauce ½ cup cooked fresh vegetable ½ cup fresh fruit M 1 cup milk	1 serving Meatballs in Marinara Sauce 1 cup pasta with marinara sauce ½ cup cooked fresh vegetable ½ cup applesauce M 1 cup milk	1 serving BBQ Chicken Stuffed Sweet Potato 1 muffin ½ cup frozen vegetable ½ cup applesauce M 1 cup milk	1 serving BBQ Chicken Stuffed Sweet Potato 1 muffin ½ cup frozen vegetable ½ cup canned fruit M 1 cup milk	1 baked fish filet 1 cup rice ½ cup roast carrots ½ cup frozen vegetable ½ cup canned fruit 1 cup milk D

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
1 serving Overnight Oats 1 banana 1 cup milk D	1 serving Overnight Oats 1 banana 1 cup milk D	1 serving Overnight Oats 1 banana 1 cup milk D	2 slices toast 1 oz cheese 1 orange 1 cup yogurt D	2 slices toast 1 oz cheese 1 orange 1 cup yogurt D	2 pieces French Toast 1 scrambled egg 1 orange 1 cup yogurt D	2 pieces French Toast 1 scrambled egg 1 orange 1 cup yogurt D
1 turkey sandwich: turkey, lettuce, tomato 1 cup side salad: lettuce, onion, carrots 1 banana M 1 cup yogurt	1 turkey sandwich: turkey, lettuce, tomato 1 cup side salad: lettuce, onion, carrots 1 banana M 1 cup yogurt	1 serving Chicken and White Bean Soup 1 muffin ½ cup Cucumber Salad ½ cup fresh fruit M 1 cup yogurt	1 serving Chicken and White Bean Soup 1 muffin ½ cup Cucumber Salad ½ cup applesauce M 1 cup milk	1 serving Gefilte fish 1 muffin ½ cup Cucumber Salad ½ cup sliced carrots ½ cup applesauce D 1 cup cottage cheese	1 serving Gefilte fish 1 muffin ½ cup Cucumber Salad ½ cup sliced carrots ½ cup canned fruit D 1 cup cottage cheese	1 Grilled Turkey Sandwich ½ cup sliced cucumber ½ cup frozen vegetable ½ cup canned fruit M 1 cup milk
1 Honey Glazed Chicken Thigh 1 cup pasta 1 cup side salad: lettuce, onion, tomato ½ cup cooked green vegetable ½ cup fresh fruit M 1 cup milk	1 Honey Glazed Chicken Thigh 1 cup pasta 1 cup side salad: lettuce, onion, tomato ½ cup cooked green vegetable ½ cup fresh fruit M 1 cup milk	1 Hamburger on 2 Challah slices ½ cup roasted carrots ½ cup frozen vegetable ½ cup fresh fruit M 1 cup milk	1 Hamburger on 2 Challah slices ½ cup roasted carrots ½ cup cooked green vegetable ½ cup canned fruit M 1 cup milk	1 serving Taco Bowl 1 cup rice ½ cup refried beans ½ cup corn ½ cup canned fruit M 1 cup milk	1 serving Taco Bowl 1 cup rice ½ cup refried beans ½ cup corn ½ cup applesauce M 1 cup milk	Fish Sandwich with 1 baked fish filet 2 Challah slices 1 baked sweet potato ½ cup frozen vegetable ½ cup applesauce P 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
1 bagel with 1 oz cream cheese 1 banana 1 cup yogurt D	1 muffin 1 hardboiled egg 1 banana 1 cup yogurt D	1 bagel with 1 oz cream cheese 1 banana 1 cup yogurt D	1 muffin 1 hardboiled egg 1 orange 1 cup yogurt D	1 bagel with 1 oz cream cheese 1 orange 1 cup yogurt D	2 slices toast 1 fried egg 1 serving <u>Fried Potatoes</u> 1 orange 1 cup yogurt D	2 slices toast 1 fried egg 1 serving <u>Fried Potatoes</u> 1 orange 1 cup yogurt D
1 tuna fish sandwich on 2 Challah slices 1 cup side salad: lettuce, tomato, onion ½ cup sliced carrots 1 banana P 1 cup milk	1 tuna fish sandwich On 2 Challah slices 1 cup side salad: lettuce, tomato, onion ½ cup sliced carrots 1 banana P 1 cup milk	1 serving <u>Chicken Salad</u> 1 muffin ½ cup <u>Chickpea Salad</u> ½ cup sliced cucumbers ½ cup fresh fruit M 1 cup milk	1 serving <u>Chicken Salad</u> 1 muffin ½ cup <u>Chickpea Salad</u> ½ cup sliced cucumbers ½ cup applesauce M 1 cup milk	1 serving <u>Blintz Souffle</u> 1 muffin ½ cup roasted sweet potatoes ½ cup <u>Chickpea Salad</u> ½ cup applesauce 1 cup milk D	1 serving <u>Sweet and Sour Meatball</u> sandwich on 2 Challah slices ½ cup <u>Chickpea Salad</u> ½ cup canned fruit M 1 cup milk	1 serving <u>Sweet and Sour Meatball</u> sandwich on 2 Challah slices ½ cup sliced carrots ½ cup canned fruit M 1 cup milk
1 serving <u>Fajita Bowl</u> 1 cup rice 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit M 1 cup milk	1 serving <u>Fajita Bowl</u> 1 cup rice 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit M 1 cup milk	1 serving <u>Blintz Souffle</u> 1 muffin ½ cup roasted sweet potatoes ½ cup cooked green vegetable ½ cup fresh fruit D 1 cup milk	1 serving <u>Sweet and Sour Meatballs</u> 1 cup rice ½ cup roasted carrots ½ cup cooked green vegetable ½ cup canned fruit M 1 cup milk	1 serving <u>Sweet and Sour Meatballs</u> 1 cup rice ½ cup roasted carrots ½ cup cooked green vegetable ½ cup canned fruit M 1 cup milk	1 serving <u>Italian Baked Chicken</u> 1 cup pasta with tomato sauce ½ cup frozen vegetable ½ cup applesauce M 1 cup milk	1 serving <u>Italian Baked Chicken</u> 1 cup pasta with tomato sauce ½ cup frozen vegetable ½ cup applesauce M 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
1 bagel with 1 oz cream cheese 1 banana 1 cup yogurt D	1 cup oatmeal 1 hardboiled egg 1 banana 1 cup milk D	1 bagel with 1 oz cream cheese 1 banana 1 cup yogurt D	1 cup oatmeal 1 hardboiled egg 1 orange 1 cup milk D	1 bagel with 1 oz cream cheese 1 orange 1 cup yogurt D	2 pieces <u>French Toast</u> 1 scrambled egg 1 orange 1 cup yogurt D	2 pieces <u>French Toast</u> 1 scrambled egg 1 orange 1 cup yogurt D
Deli Salad with: 1 cup lettuce ½ cup chopped tomato, onion, carrots, cucumber 2 oz sliced turkey 1 muffin 1 banana M 1 cup milk	Deli Salad with: 1 cup lettuce ½ cup chopped tomato, onion, carrots, cucumber 2 oz sliced turkey 1 muffin 1 banana M 1 cup yogurt	2 <u>Turkey Roll-Ups</u> ½ cup <u>Corn Salad</u> ½ cup sliced tomatoes ½ cup applesauce M 1 cup milk	2 <u>Turkey Roll-Ups</u> ½ cup <u>Corn Salad</u> ½ cup sliced tomatoes ½ cup canned fruit M 1 cup yogurt	1 serving <u>Salmon Loaf</u> 1 cup <u>Apricot Soup</u> 1 muffin ½ cup sliced carrots 1 cup milk D	1 grilled cheese sandwich with 2 Challah slices and 2 oz cheese 1 cup tomato soup ½ cup sliced cucumber ½ cup applesauce 1 cup milk D	1 grilled cheese sandwich with 2 Challah slices and 2 oz cheese 1 cup tomato soup ½ cup sliced cucumber ½ cup applesauce 1 cup milk D
1 baked fish filet 1 cup pasta ½ cup cooked green vegetable 1 cup side salad with lettuce, tomato, onion ½ cup fresh fruit P 1 cup milk	1 serving <u>Chicken and Rice Casserole</u> 1 cup side salad with lettuce, tomato, onion ½ cup fresh fruit M 1 cup milk	1 serving <u>Chicken and Rice Casserole</u> ½ cup cooked green vegetable ½ cup fresh fruit M 1 cup milk	1 serving <u>Salmon Loaf</u> 1 cup <u>Apricot Soup</u> 1 muffin ½ cup frozen vegetable 1 cup milk D	1 baked fish filet 1 cup pasta ½ cup cooked green vegetable ½ cup frozen vegetable ½ cup applesauce P 1 cup milk	2 <u>Chicken Tacos</u> ½ cup black beans ½ cup corn salad ½ cup canned fruit M 1 cup milk	2 <u>Chicken Tacos</u> ½ cup black beans ½ cup corn salad ½ cup canned fruit M 1 cup milk

Offered every day: 6-8 oz of fruit juice **WEEK 4**