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

Offered every day: 6-8 oz of fruit juice

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

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