Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 cup oatmeal 1 oz sliced cheese 1 banana 1 cup milk	2 slices toast with 1 tablespoon peanut butter 1 banana 1 cup yogurt	1 cup oatmeal 1 oz sliced cheese 1 banana 1 cup milk	2 slices toast with 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 cup oatmeal 1 oz sliced cheese 1 orange 1 cup milk	1 muffin 1 scrambled egg 1 orange 1 cup yogurt	1 muffin 1 scrambled egg 1 orange 1 cup yogurt
1 tuna fish sandwich 1 cup side salad: lettuce, onion, tomato, carrot ½ cup sliced cucumbers with Tajin 1 banana 1 cup milk	1 tuna fish sandwich 1 cup side salad: lettuce, onion, tomato, carrot ⅓ cup sliced cucumbers with Tajin 1 banana 1 cup milk	2 <u>Tacos al Pastor</u> ¹ / ₂ avocado ¹ / ₂ cup sliced radishes ¹ / ₂ cup canned pineapple 1 cup milk	2 <u>Tacos al Pastor</u> ¹ / ₂ avocado ¹ / ₂ cup sliced radishes ¹ / ₂ cup canned pineapple 1 cup milk	1 serving <u>Albondigas</u> <u>Soup</u> 1 muffin 1 cup shredded cabbage with lime juice and Tajin 1 cup yogurt with ½ cup frozen fruit	1 serving <u>Albondigas</u> <u>Soup</u> 1 muffin 1 cup shredded cabbage with lime juice and Tajin 1 cup yogurt with ½ cup frozen fruit	2 <u>Chile Lime Chicken</u> tacos ½ cup corn ½ cup sliced cucumbers 1 cup yogurt with ½ cup frozen fruit
2 <u>Tacos al Pastor</u> ¹ / ₂ cup refried beans 1 cup side salad: lettuce, onion, tomato, carrot ¹ / ₂ cup canned pineapple 1 cup milk	2 <u>Tacos al Pastor</u> ¹ / ₂ cup refried beans 1 cup side salad: lettuce, onion, tomato, carrot ¹ / ₂ cup canned pineapple 1 cup milk	1 serving <u>Albondigas</u> <u>Soup</u> 1 muffin 1 cup shredded cabbage with lime juice and Tajin ½ cup fresh fruit 1 cup milk	1 serving <u>Albondigas</u> <u>Soup</u> 1 muffin 1 cup shredded cabbage with lime juice and Tajin ½ cup fresh fruit 1 cup milk	1 <u>Chile Lime Chicken</u> thigh 1 cup rice ½ cup refried beans ½ cup peas ½ cup applesauce 1 cup milk	 1 <u>Chile Lime Chicken</u> thigh 1 cup rice ½ cup refried beans ½ cup corn ½ cup applesauce 1 cup milk 	1 <u>Chipotle Fish Taco</u> <u>Bowl</u> with: 1 cup rice ½ cup corn ½ sliced radishes ½ cup applesauce 1 cup milk

WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 serving Baked	1 serving Baked	1 serving <u>Baked</u>	1 serving Baked	2 slices toast with	2 slices toast	2 slices toast
Oatmeal	Oatmeal	Oatmeal	Oatmeal	1 tablespoon peanut	1 fried egg	1 fried egg
1 oz sliced cheese	1 hardboiled egg	1 oz sliced cheese	1 hardboiled egg	butter	1 cup Fried	1 cup <u>Fried</u>
1 banana	1 banana	1 banana	1 orange	1 orange	Potatoes, Peppers,	Potatoes, Peppers,
1 cup yogurt	1 cup yogurt	1 cup yogurt	1 cup yogurt	1 cup yogurt	and Onions	and Onions
					1 cup yogurt	1 cup yogurt
1 serving Black Bean	1 serving <u>Black Bean</u>	1 serving Picadillo	1 serving Picadillo	1 serving <u>Sheet Pan</u>	1 serving <u>Sheet Pan</u>	1 Vegetable
<u>Soup</u>	<u>Soup</u>	2 tortillas	2 tortillas	<u>Fajitas</u>	<u>Fajitas</u>	<u>Quesadilla</u>
2 slices bread	2 slices bread	1⁄₂ avocado	1⁄₂ avocado	2 tortillas	2 tortillas	1/2 cup sliced radishes
½ avocado	1⁄₂ avocado	¹ ∕₂ cup sliced	¹ ∕₂ cup sliced	1/2 cup sliced tomato	1/2 cup sliced radishes	1/2 cup canned fruit
1 cup side salad:	1 cup side salad:	cucumbers with Tajin	cucumbers with Tajin	1/2 cup applesauce	¹ ∕₂ cup canned fruit	1 cup milk
lettuce, tomato,	lettuce, tomato,	½ cup fresh fruit	1/2 cup applesauce	1 cup milk	1 cup milk	
onion	onion	1 cup milk	1 cup milk			
1 banana	1 banana					
1 cup milk	1 cup milk					
1 serving <u>Picadillo</u>	1 serving <u>Picadillo</u>	1 serving <u>Sheet Pan</u>	1 serving <u>Sheet Pan</u>	1 serving <u>Italian</u>	1 serving <u>Italian</u>	2 <u>Cumin Lime Fish</u>
1 cup rice	1 cup rice	<u>Fajitas</u>	<u>Fajitas</u>	Baked Chicken	Baked Chicken	Tacos
1 cup side salad:	1 cup side salad:	1 cup rice	1 cup rice	1 cup pasta with	1 cup pasta with	1 baked sweet
lettuce, tomato,	lettuce, tomato,	½ cup frozen	1/2 cup frozen	tomato sauce	tomato sauce	potato
onion	onion	vegetable	vegetable	½ cup frozen	1/2 cup frozen	½ cup frozen
½ cup cooked green	1/2 cup cooked green	½ cup fresh fruit	1/2 cup canned fruit	vegetable	vegetable	vegetable
vegetable	vegetable	1 cup milk	1 cup milk	1/2 cup canned fruit	1/2 cup applesauce	1/2 cup applesauce
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 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 cup cereal 1 hardboiled egg 1 banana 1 cup milk	2 slices toast with 1 tablespoon peanut butter 1 banana 1 cup yogurt	1 cup cereal 1 hardboiled egg 1 banana 1 cup milk	2 slices toast with 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 cup cereal 1 hardboiled egg 1 orange 1 cup milk	1 scrambled egg 2 tortillas 1 orange 1 cup yogurt	1 scrambled egg 2 slices toast 1 orange 1 cup yogurt
1 <u>Vegetable</u> <u>Quesadilla</u> 1 cup side salad: lettuce, tomato, onion 1 banana 1 cup milk	1 serving <u>Sopa de</u> <u>Fideo</u> 2 oz sliced cheese 1 cup side salad: lettuce, tomato, onion 1 banana 1 cup yogurt	1 serving <u>Sopa de</u> <u>Fideo</u> 2 oz sliced cheese ½ cup sliced cucumber with Tajin ½ cup fresh fruit 1 cup yogurt	1 serving <u>Stuffed</u> <u>Poblano Pepper</u> 1 cup rice ½ cup sliced radishes ½ cup canned fruit 1 cup milk	1 serving <u>Sopa de</u> <u>Fideo</u> 2 oz sliced cheese ½ cup sliced cucumber with Tajin ½ cup canned fruit 1 cup yogurt	2 <u>Baked Chicken</u> <u>Flautas</u> ½ cup pinto beans ½ cup frozen vegetable ½ cup applesauce 1 cup milk	2 <u>Baked Chicken</u> <u>Flautas</u> ½ cup pinto beans ½ cup frozen vegetable ½ cup applesauce 1 cup milk
<pre>1 serving <u>Spaghetti</u> <u>with Meat Sauce</u> 1 cup pasta with tomato sauce 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk</pre>	 1 serving <u>Spaghetti</u> <u>with Meat Sauce</u> 1 cup pasta with tomato sauce 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk 	1 serving <u>Stuffed</u> <u>Poblano Pepper</u> 1 cup rice 1/2 cup cooked green vegetable ½ cup fresh fruit 1 cup milk	2 <u>Baked Chicken</u> <u>Flautas</u> ½ cup pinto beans ½ cup cooked green vegetable ½ cup applesauce 1 cup milk	 2 Baked Chicken Flautas ½ cup pinto beans ½ cup cooked green vegetable ½ cup applesauce 1 cup milk 	1 baked fish filet 1 cup rice ½ cup pico de gallo ½ cup roasted potatoes ½ cup canned fruit 1 cup milk	1 <u>Chipotle Chicken</u> <u>Breast</u> 1 cup rice ½ cup roasted potatoes ½ cup sliced radishes ½ cup canned fruit 1 cup milk

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2 slices toast	1 cup cereal	2 slices toast	1 cup cereal	2 slices toast with	1 serving Chorizo	1 serving Chorizo
1 fried egg	½ cup yogurt	1 fried egg	½ cup yogurt	1 tablespoon peanut	and Potato Hash	and Potato Hash
1 banana	1 banana	1 banana	1 orange	butter	2 tortillas	2 tortillas
1 cup yogurt	1 cup milk	1 cup yogurt	1 cup milk	1 orange	1 orange	1 orange
				1 cup yogurt	1 cup yogurt	1 cup yogurt
1 sandwich: 2 slices	1 sandwich: 2 slices	1 serving <u>Arroz con</u>	1 sandwich: 2 slices	1 serving <u>Sopa de</u>	1 serving <u>Sopa de</u>	1 serving <u>Sopa de</u>
bread, 2 oz deli	bread, 2 oz deli	<u>Pollo</u>	bread, 2 oz deli	<u>Verduras</u>	<u>Verduras</u>	<u>Verduras</u>
meat, cheese	meat, cheese	1/2 avocado	meat, cheese	2 tortillas	2 tortillas	2 tortillas
½ cup <u>Corn Salad</u>	½ cup <u>Corn Salad</u>	1/2 cup fresh fruit	½ cup <u>Corn Salad</u>	2 oz deli meat	2 oz sliced cheese	2 oz sliced cheese
1 cup side salad:	1 cup side salad:	1 cup milk	1⁄₂ avocado	½ cup <u>Corn Salad</u>	1/2 cup canned fruit	1/2 cup canned fruit
lettuce, tomato,	lettuce, tomato,		¹ ∕₂ cup applesauce	¹ ∕₂ cup applesauce	1 cup milk	1 cup milk
onion	onion		1 cup yogurt	1 cup milk		
1 banana	1 banana					
1 cup milk	1 cup yogurt					
1 serving <u>Arroz con</u>	1 serving <u>Arroz con</u>	2 Chorizo and Potato	2 Chorizo and Potato	2 <u>Chipotle Chicken</u>	1 baked fish filet	1 baked fish filet
<u>Pollo</u>	<u>Pollo</u>	Tacos	Tacos	tacos	1 cup rice	1 cup rice
1 cup side salad:	1 cup side salad:	1/2 cup cooked green	½ cup cooked green	¹ ∕₂ cup black beans	1/2 cup black beans	1/2 cup black beans
lettuce, tomato,	lettuce, tomato,	vegetable	vegetable	½ cup frozen	½ cup frozen	1/2 cup frozen
onion	onion	½ cup fresh fruit	¹ ∕₂ cup canned fruit	vegetable	vegetable	vegetable
½ cup fresh fruit	1/2 cup fresh fruit	1 cup milk	1 cup milk	¹ ∕₂ cup canned fruit	¹ ∕₂ cup applesauce	1/2 cup applesauce
1 cup milk	1 cup milk			1 cup milk	1 cup milk	1 cup milk

WEEK 4