

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 ½ cup sliced cucumbers with Tajin 1 banana 1 cup milk	2 <u>Tacos al Pastor</u> ½ avocado ½ cup sliced radishes ½ cup canned pineapple 1 cup milk	2 <u>Tacos al Pastor</u> ½ avocado ½ cup sliced radishes ½ cup canned pineapple 1 cup milk	1 serving <u>Albondigas 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 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> ½ cup refried beans 1 cup side salad: lettuce, onion, tomato, carrot ½ cup canned pineapple 1 cup milk	2 <u>Tacos al Pastor</u> ½ cup refried beans 1 cup side salad: lettuce, onion, tomato, carrot ½ cup canned pineapple 1 cup milk	1 serving <u>Albondigas Soup</u> 1 muffin 1 cup shredded cabbage with lime juice and Tajin ½ cup fresh fruit 1 cup milk	1 serving <u>Albondigas 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 Bowl</u> with: 1 cup rice ½ cup corn ½ sliced radishes ½ 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
1 serving Baked Oatmeal 1 oz sliced cheese 1 banana 1 cup yogurt	1 serving Baked Oatmeal 1 hardboiled egg 1 banana 1 cup yogurt	1 serving Baked Oatmeal 1 oz sliced cheese 1 banana 1 cup yogurt	1 serving Baked Oatmeal 1 hardboiled egg 1 orange 1 cup yogurt	2 slices toast with 1 tablespoon peanut butter 1 orange 1 cup yogurt	2 slices toast 1 fried egg 1 cup Fried Potatoes, Peppers, and Onions 1 cup yogurt	2 slices toast 1 fried egg 1 cup Fried Potatoes, Peppers, and Onions 1 cup yogurt
1 serving Black Bean Soup 2 slices bread ½ avocado 1 cup side salad: lettuce, tomato, onion 1 banana 1 cup milk	1 serving Black Bean Soup 2 slices bread ½ avocado 1 cup side salad: lettuce, tomato, onion 1 banana 1 cup milk	1 serving Picadillo 2 tortillas ½ avocado ½ cup sliced cucumbers with Tajin ½ cup fresh fruit 1 cup milk	1 serving Picadillo 2 tortillas ½ avocado ½ cup sliced cucumbers with Tajin ½ cup applesauce 1 cup milk	1 serving Sheet Pan Fajitas 2 tortillas ½ cup sliced tomato ½ cup applesauce 1 cup milk	1 serving Sheet Pan Fajitas 2 tortillas ½ cup sliced radishes ½ cup canned fruit 1 cup milk	1 Vegetable Quesadilla ½ cup sliced radishes ½ cup canned fruit 1 cup milk
1 serving Picadillo 1 cup rice 1 cup side salad: lettuce, tomato, onion ½ cup cooked green vegetable ½ cup fresh fruit 1 cup milk	1 serving Picadillo 1 cup rice 1 cup side salad: lettuce, tomato, onion ½ cup cooked green vegetable ½ cup fresh fruit 1 cup milk	1 serving Sheet Pan Fajitas 1 cup rice ½ cup frozen vegetable ½ cup fresh fruit 1 cup milk	1 serving Sheet Pan Fajitas 1 cup rice ½ cup frozen vegetable ½ cup canned fruit 1 cup milk	1 serving Italian Baked Chicken 1 cup pasta with tomato sauce ½ cup frozen vegetable ½ cup canned fruit 1 cup milk	1 serving Italian Baked Chicken 1 cup pasta with tomato sauce ½ cup frozen vegetable ½ cup applesauce 1 cup milk	2 Cumin Lime Fish Tacos 1 baked sweet potato ½ cup frozen vegetable ½ cup applesauce 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 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 Quesadilla</u> 1 cup side salad: lettuce, tomato, onion 1 banana 1 cup milk	1 serving <u>Sopa de Fideo</u> 2 oz sliced cheese 1 cup side salad: lettuce, tomato, onion 1 banana 1 cup yogurt	1 serving <u>Sopa de Fideo</u> 2 oz sliced cheese ½ cup sliced cucumber with Tajin ½ cup fresh fruit 1 cup yogurt	1 serving <u>Stuffed Poblano Pepper</u> 1 cup rice ½ cup sliced radishes ½ cup canned fruit 1 cup milk	1 serving <u>Sopa de Fideo</u> 2 oz sliced cheese ½ cup sliced cucumber with Tajin ½ cup canned fruit 1 cup yogurt	2 <u>Baked Chicken Flautas</u> ½ cup pinto beans ½ cup frozen vegetable ½ cup applesauce 1 cup milk	2 <u>Baked Chicken Flautas</u> ½ cup pinto beans ½ cup frozen vegetable ½ cup applesauce 1 cup milk
1 serving <u>Spaghetti 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>Spaghetti 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 Poblano Pepper</u> 1 cup rice 1/2 cup cooked green vegetable ½ cup fresh fruit 1 cup milk	2 <u>Baked Chicken Flautas</u> ½ cup pinto beans ½ cup cooked green vegetable ½ cup applesauce 1 cup milk	2 <u>Baked Chicken Flautas</u> 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 Breast</u> 1 cup rice ½ cup roasted potatoes ½ cup sliced radishes ½ cup canned fruit 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
2 slices toast 1 fried egg 1 banana 1 cup yogurt	1 cup cereal ½ cup yogurt 1 banana 1 cup milk	2 slices toast 1 fried egg 1 banana 1 cup yogurt	1 cup cereal ½ cup yogurt 1 orange 1 cup milk	2 slices toast with 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 serving <u>Chorizo and Potato Hash</u> 2 tortillas 1 orange 1 cup yogurt	1 serving <u>Chorizo and Potato Hash</u> 2 tortillas 1 orange 1 cup yogurt
1 sandwich: 2 slices bread, 2 oz deli meat, cheese ½ cup <u>Corn Salad</u> 1 cup side salad: lettuce, tomato, onion 1 banana 1 cup milk	1 sandwich: 2 slices bread, 2 oz deli meat, cheese ½ cup <u>Corn Salad</u> 1 cup side salad: lettuce, tomato, onion 1 banana 1 cup yogurt	1 serving <u>Arroz con Pollo</u> ½ avocado ½ cup fresh fruit 1 cup milk	1 sandwich: 2 slices bread, 2 oz deli meat, cheese ½ cup <u>Corn Salad</u> ½ avocado ½ cup applesauce 1 cup yogurt	1 serving <u>Sopa de Verduras</u> 2 tortillas 2 oz deli meat ½ cup <u>Corn Salad</u> ½ cup applesauce 1 cup milk	1 serving <u>Sopa de Verduras</u> 2 tortillas 2 oz sliced cheese ½ cup canned fruit 1 cup milk	1 serving <u>Sopa de Verduras</u> 2 tortillas 2 oz sliced cheese ½ cup canned fruit 1 cup milk
1 serving <u>Arroz con Pollo</u> 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk	1 serving <u>Arroz con Pollo</u> 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk	2 <u>Chorizo and Potato Tacos</u> ½ cup cooked green vegetable ½ cup fresh fruit 1 cup milk	2 <u>Chorizo and Potato Tacos</u> ½ cup cooked green vegetable ½ cup canned fruit 1 cup milk	2 <u>Chipotle Chicken tacos</u> ½ cup black beans ½ cup frozen vegetable ½ cup canned fruit 1 cup milk	1 baked fish filet 1 cup rice ½ cup black beans ½ cup frozen vegetable ½ cup applesauce 1 cup milk	1 baked fish filet 1 cup rice ½ cup black beans ½ cup frozen vegetable ½ cup applesauce 1 cup milk

Offered every day: 6-8 oz of fruit juice

WEEK 4