Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 serving Fruit and Yogurt Parfait	2 slices toast 1 tablespoon peanut	1 serving Fruit and Yogurt Parfait	2 slices toast 1 tablespoon peanut	1 serving Fruit and Yogurt Parfait	1 Egg Sandwich: 2 slices toast	1 Egg Sandwich: 2 slices toast
1 banana	butter	1 banana	butter	1 orange	1 egg	1 egg
1 cup milk	1 banana	1 cup milk	1 orange	1 cup milk	1 slice cheese	1 slice cheese
	1 cup yogurt		1 cup yogurt		1 tomato slice	1 tomato slice
					1 orange	1 orange
					1 cup yogurt	1 cup yogurt
2 Turkey Roll-Ups	2 Turkey Roll-Ups	1 serving <u>Chicken</u>	1 serving <u>Chicken</u>	2 Ground Beef Tacos	2 Ground Beef Tacos	Turkey Melt
1 cup side salad:	1 cup side salad:	Pasta Salad	Pasta Salad	½ cup refried beans	½ cup refried beans	½ cup Bean Salad
lettuce, tomato,	lettuce, tomato,	1 muffin	1 muffin	½ cup corn	½ cup corn	½ cup sliced
carrots, onion	carrots, onion	½ cup Bean Salad	½ cup Bean Salad	½ cup canned fruit	½ cup canned fruit	cucumber
		½ cup fresh fruit	½ cup fresh fruit	1 cup yogurt	1 cup yogurt	½ cup applesauce
½ cup sliced	½ cup sliced	1 cup milk	1 cup milk			1 cup milk
cucumber	cucumber					
1 banana	1 banana					
1 cup milk	1 cup yogurt					
1 serving <u>Italian</u>	1 serving <u>Italian</u>	2 Ground Beef Tacos	2 Ground Beef Tacos	1 serving BBQ	1 serving BBQ	1 baked fish filet
Baked Chicken	Baked Chicken	½ cup refried beans	½ cup refried beans	Chicken Breast	Chicken Breast	1 cup rice
1 cup pasta	1 cup pasta	½ cup corn	½ cup corn	1 cup rice	1 cup rice	1 baked sweet
½ cup cooked green	½ cup cooked green	½ cup applesauce	½ cup applesauce	½ cup roasted	½ cup roasted	potato
vegetable	vegetable	1 cup milk	1 cup milk	carrots	carrots	½ cup bean salad
1 cup side salad:	1 cup side salad:			½ cup peas	½ cup peas	½ cup applesauce
lettuce, tomato,	lettuce, tomato,			½ cup canned fruit	½ cup canned fruit	1 cup milk
onion, carrots	onion, carrots			1 cup milk	1 cup milk	
½ cup fresh fruit	½ cup fresh fruit					
1 cup milk	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 Overnight	1 serving Overnight	1 serving Overnight	2 slices toast	2 slices toast	1 serving French	1 serving French
Oats	Oats	Oats	1 tablespoon peanut	1 tablespoon peanut	Toast	Toast
1 banana	1 banana	1 banana	butter	butter	1 scrambled egg	1 scrambled egg
1 cup milk	1 cup milk	1 cup milk	1 orange	1 orange	1 orange	1 orange
			1 cup yogurt	1 cup yogurt	1 cup yogurt	1 cup yogurt
1 tuna fish sandwich	1 tuna fish sandwich	1 conving Chickon	1 conving Chickon	1 grilled cheese	1 corving Turkov	1 grilled cheese
1 cup side salad:	1 cup side salad:	1 serving <u>Chicken</u> and White Bean	1 serving <u>Chicken</u> and White Bean	sandwich	1 serving <u>Turkey</u> Meatballs	sandwich
lettuce, tomato,	lettuce, tomato,	Soup	Soup	1 cup tomato soup	1 cup pasta with	1 cup tomato soup
onion	onion	1 muffin	1 muffin	½ cup Cucumber	tomato sauce	½ cup Cucumber
½ cup sliced carrots	½ cup sliced carrots	½ cup <u>Cucumber</u>	½ cup <u>Cucumber</u>	Salad	½ cup frozen	Salad
1 banana	1 banana	Salad	Salad	½ cup canned fruit	vegetable	½ cup applesauce
1 cup milk	1 cup milk	½ cup fresh fruit	½ cup fresh fruit	1 cup yogurt	½ cup applesauce	1 cup milk
		1 cup yogurt	1 cup yogurt		1 cup milk	
1 serving Sheet Pan	1 serving Sheet Pan	1 serving Stuffed	1 serving Stuffed	1 serving <u>Turkey</u>	1 baked fish filet	1 baked fish filet
<u>Fajitas</u>	<u>Fajitas</u>	<u>Pepper</u>	<u>Pepper</u>	<u>Meatballs</u>	½ cup rice	½ cup rice
1 cup rice	1 cup rice	1 cup pasta	1 cup pasta	1 cup pasta with	1 muffin	1 muffin
1 cup side salad:	1 cup side salad:	½ cup cooked green	½ cup cooked green	tomato sauce	½ cup roasted	½ cup roasted
lettuce, tomato,	lettuce, tomato,	vegetable	vegetable	½ cup cooked green	potatoes	potatoes
onion	onion	½ cup fresh fruit	½ cup applesauce	vegetable	1/2 cup frozen	1/2 cup frozen
½ cup fresh fruit	½ cup fresh fruit	1 cup milk	1 cup milk	½ cup canned fruit	vegetable	vegetable
1 cup milk	1 cup milk			1 cup milk	1/2 cup canned fruit	1/2 cup canned fruit
					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 English muffin	1 English muffin	1 muffin	1 English muffin	1 English muffin	1 English muffin	1 English muffin
1 tablespoon peanut	1 tablespoon peanut	1 egg	1 tablespoon peanut	1 tablespoon peanut	1 scrambled egg	1 scrambled egg
butter	butter	1 banana	butter	butter	½ cup Fried Potatoes	½ cup <u>Fried Potatoes</u>
1 banana	1 banana	1 cup yogurt	1 orange	1 orange	1 orange	1 orange
1 cup yogurt	1 cup yogurt		1 cup yogurt	1 cup yogurt	1 cup yogurt	1 cup yogurt
		4		4		
Deli Salad:	Deli Salad:	1 serving <u>Chicken</u>	1 serving <u>Chicken</u>	1 serving Sloppy	1 serving Sloppy	Sandwich:
1 cup lettuce	1 cup lettuce	<u>Salad</u>	Salad	<u>Joes</u>	<u>Joes</u>	2 slices bread, 2 oz
½ cup tomato,	½ cup tomato,	2 slices bread	2 slices bread	1 hamburger bun	1 hamburger bun	deli meat, cheese
cucumber, carrot,	cucumber, carrot,	1 cup side salad:	½ cup <u>Chickpea</u>	½ cup <u>Chickpea</u>	½ cup <u>Chickpea</u>	
onion	onion	lettuce, tomato,	<u>Salad</u>	<u>Salad</u>	<u>Salad</u>	½ cup <u>Chickpea</u>
2 oz sliced deli meat	2 oz sliced deli meat	onion	½ cup sliced	½ cup cooked green	½ cup cooked green	<u>Salad</u>
		½ cup sliced	cucumber	vegetable	vegetable	½ cup sliced carrots
1 muffin	1 muffin	cucumber	½ cup fresh fruit	½ cup canned fruit	½ cup applesauce	½ cup canned fruit
1 banana	1 banana	½ cup fresh fruit	1 cup milk	1 cup milk	1 cup milk	1 cup milk
1 cup milk	1 cup milk	1 cup milk				
1 serving Chicken	1 serving <u>Chicken</u>	1 serving Sloppy	1 serving Sloppy	1 serving BBQ	1 serving BBQ	1 baked fish filet
and Broccoli Fried	and Broccoli Fried	<u>Joes</u>	<u>Joes</u>	Chicken Stuffed	Chicken Stuffed	1 cup rice
<u>Rice</u>	<u>Rice</u>	1 hamburger bun	1 hamburger bun	Sweet Potato	Sweet Potato	½ cup roasted
1 cup side salad:	1 cup side salad:	½ cup cooked green	½ cup cooked green	1 muffin	1 muffin	carrots
lettuce, tomato,	lettuce, tomato,	vegetable	vegetable	½ cup frozen	½ cup frozen	½ cup frozen
onion	onion	½ cup frozen	½ cup frozen	vegetable	vegetable	vegetable
½ cup fresh fruit	½ cup fresh fruit	vegetable	vegetable	½ cup canned fruit	½ cup applesauce	½ cup canned fruit
1 cup milk	1 cup milk	½ cup fresh fruit	½ cup applesauce	1 cup milk	1 cup milk	1 cup milk
		1 cup milk	1 cup milk			

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 serving Baked	1 serving Baked	1 serving Baked	1 serving Baked	2 slices toast	1 serving French	1 serving French
Oatmeal	Oatmeal	Oatmeal	Oatmeal	1 tablespoon peanut	Toast	Toast
½ cup yogurt	½ cup yogurt	½ cup yogurt	½ cup yogurt	butter	1 scrambled egg	1 scrambled egg
1 banana	1 banana	1 banana	1 orange	1 orange	1 orange	1 orange
1 cup milk	1 cup milk	1 cup milk	1 cup milk	1 cup yogurt	1 cup yogurt	1 cup yogurt
1 tuna fish sandwich	1 tuna fish sandwich	1 serving <u>Chicken</u>	1 serving Chicken	1 serving Turkey	Grilled cheese with 2	Grilled cheese with 2
1 cup side salad:	1 cup side salad:	Noodle Soup	Noodle Soup	Burger	slices bread and 2 oz	slices bread and 2 oz
lettuce, tomato,	lettuce, tomato,	1 muffin	1 muffin	1 hamburger bun	cheese	cheese
onion	onion	½ cup Corn Salad	½ cup Corn Salad	½ cup sliced carrots	1 cup canned	1 cup canned
½ cup sliced	½ cup sliced	½ cup fresh fruit	½ cup applesauce	½ cup roasted	vegetable soup	vegetable soup
cucumber	cucumber	1 cup milk	1 cup yogurt	potatoes	½ cup Corn Salad	½ cup Corn Salad
1 banana	1 banana	'	1 7 0	½ cup applesauce	½ cup canned fruit	½ cup canned fruit
1 cup milk	1 cup milk			1 cup yogurt	1 cup yogurt	1 cup yogurt
1 serving <u>Chicken</u>	1 serving <u>Chicken</u>	1 serving <u>Turkey</u>	1 serving <u>Turkey</u>	1 baked fish filet	1 serving <u>Turkey</u>	1 baked fish filet
Burrito Bowl	<u>Burrito Bowl</u>	<u>Burger</u>	<u>Burger</u>	1 muffin	<u>Burger</u>	1 muffin
1 cup rice	1 cup rice	1 hamburger bun	1 hamburger bun	½ cup frozen	1 hamburger bun	½ cup roasted
½ cup black beans	½ cup black beans	½ cup roasted sweet	½ cup roasted sweet	vegetable	½ cup roasted	carrots
1 cup side	1 cup side	potatoes	potatoes	½ cup cooked green	potatoes	½ cup frozen
salad: lettuce,	salad: lettuce,	½ cup cooked green	½ cup cooked green	vegetable	½ cup frozen	vegetable
tomato, onion	tomato, onion	vegetable	vegetable	½ cup canned fruit	vegetable	½ cup applesauce
½ cup fresh fruit	½ cup fresh fruit	½ cup fresh fruit	½ cup canned fruit	1 cup milk	½ cup applesauce	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

WEEK 4