

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 serving Fruit and Yogurt Parfait 1 banana 1 cup milk	2 slices toast 1 tablespoon peanut butter 1 banana 1 cup yogurt	1 serving Fruit and Yogurt Parfait 1 banana 1 cup milk	2 slices toast 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 serving Fruit and Yogurt Parfait 1 orange 1 cup milk	1 Egg Sandwich: 2 slices toast 1 egg 1 slice cheese 1 tomato slice 1 orange 1 cup yogurt	1 Egg Sandwich: 2 slices toast 1 egg 1 slice cheese 1 tomato slice 1 orange 1 cup yogurt
2 Turkey Roll-Ups 1 cup side salad: lettuce, tomato, carrots, onion ½ cup sliced cucumber 1 banana 1 cup milk	2 Turkey Roll-Ups 1 cup side salad: lettuce, tomato, carrots, onion ½ cup sliced cucumber 1 banana 1 cup yogurt	1 serving Chicken Pasta Salad 1 muffin ½ cup Bean Salad ½ cup fresh fruit 1 cup milk	1 serving Chicken Pasta Salad 1 muffin ½ cup Bean Salad ½ cup fresh fruit 1 cup milk	2 Ground Beef Tacos ½ cup refried beans ½ cup corn ½ cup canned fruit 1 cup yogurt	2 Ground Beef Tacos ½ cup refried beans ½ cup corn ½ cup canned fruit 1 cup yogurt	Turkey Melt ½ cup Bean Salad ½ cup sliced cucumber ½ cup applesauce 1 cup milk
1 serving Italian Baked Chicken 1 cup pasta ½ cup cooked green vegetable 1 cup side salad: lettuce, tomato, onion, carrots ½ cup fresh fruit 1 cup milk	1 serving Italian Baked Chicken 1 cup pasta ½ cup cooked green vegetable 1 cup side salad: lettuce, tomato, onion, carrots ½ cup fresh fruit 1 cup milk	2 Ground Beef Tacos ½ cup refried beans ½ cup corn ½ cup applesauce 1 cup milk	2 Ground Beef Tacos ½ cup refried beans ½ cup corn ½ cup applesauce 1 cup milk	1 serving BBQ Chicken Breast 1 cup rice ½ cup roasted carrots ½ cup peas ½ cup canned fruit 1 cup milk	1 serving BBQ Chicken Breast 1 cup rice ½ cup roasted carrots ½ cup peas ½ cup canned fruit 1 cup milk	1 baked fish filet 1 cup rice 1 baked sweet potato ½ cup bean salad 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 Overnight Oats 1 banana 1 cup milk	1 serving Overnight Oats 1 banana 1 cup milk	1 serving Overnight Oats 1 banana 1 cup milk	2 slices toast 1 tablespoon peanut butter 1 orange 1 cup yogurt	2 slices toast 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 serving French Toast 1 scrambled egg 1 orange 1 cup yogurt	1 serving French Toast 1 scrambled egg 1 orange 1 cup yogurt
1 tuna fish sandwich 1 cup side salad: lettuce, tomato, onion ½ cup sliced carrots 1 banana 1 cup milk	1 tuna fish sandwich 1 cup side salad: lettuce, tomato, onion ½ cup sliced carrots 1 banana 1 cup milk	1 serving Chicken and White Bean Soup 1 muffin ½ cup Cucumber Salad ½ cup fresh fruit 1 cup yogurt	1 serving Chicken and White Bean Soup 1 muffin ½ cup Cucumber Salad ½ cup fresh fruit 1 cup yogurt	1 grilled cheese sandwich 1 cup tomato soup ½ cup Cucumber Salad ½ cup canned fruit 1 cup yogurt	1 serving Turkey Meatballs 1 cup pasta with tomato sauce ½ cup frozen vegetable ½ cup applesauce 1 cup milk	1 grilled cheese sandwich 1 cup tomato soup ½ cup Cucumber Salad ½ cup applesauce 1 cup milk
1 serving Sheet Pan Fajitas 1 cup rice 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk	1 serving Sheet Pan Fajitas 1 cup rice 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk	1 serving Stuffed Pepper 1 cup pasta ½ cup cooked green vegetable ½ cup fresh fruit 1 cup milk	1 serving Stuffed Pepper 1 cup pasta ½ cup cooked green vegetable ½ cup applesauce 1 cup milk	1 serving Turkey Meatballs 1 cup pasta with tomato sauce ½ cup cooked green vegetable ½ cup canned fruit 1 cup milk	1 baked fish filet ½ cup rice 1 muffin ½ cup roasted potatoes 1/2 cup frozen vegetable 1/2 cup canned fruit 1 cup milk	1 baked fish filet ½ cup rice 1 muffin ½ cup roasted potatoes 1/2 cup frozen vegetable 1/2 cup canned fruit 1 cup milk

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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 tablespoon peanut butter 1 banana 1 cup yogurt	1 English muffin 1 tablespoon peanut butter 1 banana 1 cup yogurt	1 muffin 1 egg 1 banana 1 cup yogurt	1 English muffin 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 English muffin 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 English muffin 1 scrambled egg ½ cup <u>Fried Potatoes</u> 1 orange 1 cup yogurt	1 English muffin 1 scrambled egg ½ cup <u>Fried Potatoes</u> 1 orange 1 cup yogurt
Deli Salad: 1 cup lettuce ½ cup tomato, cucumber, carrot, onion 2 oz sliced deli meat 1 muffin 1 banana 1 cup milk	Deli Salad: 1 cup lettuce ½ cup tomato, cucumber, carrot, onion 2 oz sliced deli meat 1 muffin 1 banana 1 cup milk	1 serving <u>Chicken Salad</u> 2 slices bread 1 cup side salad: lettuce, tomato, onion ½ cup sliced cucumber ½ cup fresh fruit 1 cup milk	1 serving <u>Chicken Salad</u> 2 slices bread ½ cup <u>Chickpea Salad</u> ½ cup sliced cucumber ½ cup fresh fruit 1 cup milk	1 serving <u>Sloppy Joes</u> 1 hamburger bun ½ cup <u>Chickpea Salad</u> ½ cup cooked green vegetable ½ cup canned fruit 1 cup milk	1 serving <u>Sloppy Joes</u> 1 hamburger bun ½ cup <u>Chickpea Salad</u> ½ cup cooked green vegetable ½ cup applesauce 1 cup milk	Sandwich: 2 slices bread, 2 oz deli meat, cheese ½ cup <u>Chickpea Salad</u> ½ cup sliced carrots ½ cup canned fruit 1 cup milk
1 serving <u>Chicken and Broccoli Fried Rice</u> 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk	1 serving <u>Chicken and Broccoli Fried Rice</u> 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk	1 serving <u>Sloppy Joes</u> 1 hamburger bun ½ cup cooked green vegetable ½ cup frozen vegetable ½ cup fresh fruit 1 cup milk	1 serving <u>Sloppy Joes</u> 1 hamburger bun ½ cup cooked green vegetable ½ cup frozen vegetable ½ cup applesauce 1 cup milk	1 serving <u>BBQ Chicken Stuffed Sweet Potato</u> 1 muffin ½ cup frozen vegetable ½ cup canned fruit 1 cup milk	1 serving <u>BBQ Chicken Stuffed Sweet Potato</u> 1 muffin ½ cup frozen vegetable ½ cup applesauce 1 cup milk	1 baked fish filet 1 cup rice ½ cup roasted carrots ½ cup frozen vegetable 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
1 serving <u>Baked Oatmeal</u> ½ cup yogurt 1 banana 1 cup milk	1 serving <u>Baked Oatmeal</u> ½ cup yogurt 1 banana 1 cup milk	1 serving <u>Baked Oatmeal</u> ½ cup yogurt 1 banana 1 cup milk	1 serving <u>Baked Oatmeal</u> ½ cup yogurt 1 orange 1 cup milk	2 slices toast 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 serving <u>French Toast</u> 1 scrambled egg 1 orange 1 cup yogurt	1 serving <u>French Toast</u> 1 scrambled egg 1 orange 1 cup yogurt
1 tuna fish sandwich 1 cup side salad: lettuce, tomato, onion ½ cup sliced cucumber 1 banana 1 cup milk	1 tuna fish sandwich 1 cup side salad: lettuce, tomato, onion ½ cup sliced cucumber 1 banana 1 cup milk	1 serving <u>Chicken Noodle Soup</u> 1 muffin ½ cup <u>Corn Salad</u> ½ cup fresh fruit 1 cup milk	1 serving <u>Chicken Noodle Soup</u> 1 muffin ½ cup <u>Corn Salad</u> ½ cup applesauce 1 cup yogurt	1 serving <u>Turkey Burger</u> 1 hamburger bun ½ cup sliced carrots ½ cup roasted potatoes ½ cup applesauce 1 cup yogurt	Grilled cheese with 2 slices bread and 2 oz cheese 1 cup canned vegetable soup ½ cup <u>Corn Salad</u> ½ cup canned fruit 1 cup yogurt	Grilled cheese with 2 slices bread and 2 oz cheese 1 cup canned vegetable soup ½ cup <u>Corn Salad</u> ½ cup canned fruit 1 cup yogurt
1 serving <u>Chicken Burrito Bowl</u> 1 cup rice ½ cup black beans 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk	1 serving <u>Chicken Burrito Bowl</u> 1 cup rice ½ cup black beans 1 cup side salad: lettuce, tomato, onion ½ cup fresh fruit 1 cup milk	1 serving <u>Turkey Burger</u> 1 hamburger bun ½ cup roasted sweet potatoes ½ cup cooked green vegetable ½ cup fresh fruit 1 cup milk	1 serving <u>Turkey Burger</u> 1 hamburger bun ½ cup roasted sweet potatoes ½ cup cooked green vegetable ½ cup canned fruit 1 cup milk	1 baked fish filet 1 muffin ½ cup frozen vegetable ½ cup cooked green vegetable ½ cup canned fruit 1 cup milk	1 serving <u>Turkey Burger</u> 1 hamburger bun ½ cup roasted potatoes ½ cup frozen vegetable ½ cup canned fruit 1 cup milk	1 baked fish filet 1 muffin ½ cup roasted carrots ½ cup frozen vegetable ½ cup applesauce 1 cup milk

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Offered every day: 6-8 oz of fruit juice

WEEK 4