

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>				1 Chicken parmesan Penne marinara Spinach Garlic stick Mandarin Oranges Milk	2 Roasted pork loin Polenta Sauteed kale Applesauce Cornbread Milk
<u>WEEK TWO</u>	5 Korean BBQ chicken Fried rice Oriental vegetables Corn Applesauce Milk	6 Shepard's pie Green beans Baby carrots Garlic sticks Lemon cherry cup Milk	7 Turkey sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	8 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Cherry lemon cup Milk	9 Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk
<u>WEEK THREE</u>	12 Chicken burger Waffle fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk	13 Jambalaya Greens Diced carrots Cornbread Fruit cocktail Milk	14 Egg salad/ WW bread Pasta salad Tossed salad Pineapple Milk	15 Grilled chicken w roasted red pepper sauce Wild rice Broccoli/carrots Garlic sticks Mandarin oranges Milk	16 Veg chili Greens Carrots Cornbread Orange Milk
<u>WEEK FOUR</u>	19 Pulled pork Baked beans Mixed veggies Orange WW bun Milk	20 Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Whole wheat tortilla Strawberry kiwi cup Milk	21 Tuna salad sandwich Snap pea salad Tomato cucumber salad Banana (2) WW bread Milk	22 Salisbury steak Mashed potatoes Greens Cornbread Applesauce Milk	23 Fish w pesto sauce Potato au gratin Green beans Birthday dessert WW bread Milk
<u>WEEK FIVE</u>	26 Chicken lo mein Bok choy Corn Pineapple Milk	27 Ham with glaze Black eyed peas Cabbage Applesauce Biscuit Milk	28 Chef salad Potato salad Pear Milk	29 Sausage w peppers and onions Roasted potatoes Sauteed kale Fruit cocktail WW hot dog bun Milk	