

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>WEEK ONE</u></b>		<b>1</b> Sausage w peppers and onions Roasted potatoes Green beans Hot dog bun Pineapple Milk	<b>2</b> Egg salad/ WW bread Pasta salad Tossed salad Applesauce Milk	<b>3</b> Lemon rosemary grilled chicken Polenta Broccoli/carrots Garlic sticks Cherry lemon cup Milk	<b>4</b> Veg chili Greens Mashed potatoes Cornbread Pears Milk
<b><u>WEEK TWO</u></b>	<b>7</b> Chicken parmesan Penne marinara Spinach Garlic stick Tropical fruit Milk	<b>8</b> Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Orange Milk	<b>9</b> Tuna salad sandwich Snap pea salad Tomato cucumber salad Banana (2) WW bread Milk	<b>10</b> Chicken, veggie herb ramen w egg Corn Naan Strawberry kiwi cup Milk	<b>11</b> Veg quiche Mashed sweet potatoes Green beans Peaches Garlic sticks Milk
<b><u>WEEK THREE</u></b>	<b>14</b> Chicken fettuccini alfredo Carrots Spinach Garlic sticks Applesauce Milk	<b>15</b> Jambalaya Greens Peas and carrots Cornbread Pineapple Milk	<b>16</b> Turkey sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	<b>17</b> Chef salad Potato salad Pear Garlic sticks Milk	<b>18</b> Chicken burger Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk

<p><b><u>WEEK</u></b> <b><u>FOUR</u></b></p>	<p><b>21</b> Scrambled eggs w cheese Waffles Potatoes with peppers/onions Roasted brocc/cauli Orange Milk</p>	<p><b>22</b> Veg lasagna Spinach Baby carrots Banana Italian bread Milk</p>	<p><b>23</b> Shepard's pie Green beans Baby carrots Garlic sticks Lemon raspberry cup Milk</p>	<p><b>24</b> Beef and eggplant tagine Spinach Rice Peaches Milk</p>	<p><b>25</b> Fish w teriyaki sauce Fried rice Bok choy Birthday dessert Naan bread Milk</p>
<p><b><u>WEEK</u></b> <b><u>FIVE</u></b></p>	<p><b>28</b> Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk</p>	<p><b>29</b> Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Whole wheat tortilla Orange Milk</p>	<p><b>30</b> BBQ chicken Mac and cheese Greens Cornbread Strawberry kiwi cup Milk</p>	<p><b>31</b> Salisbury steak Mashed sweet potatoes Green beans WW bread Raisins Milk</p>	