

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	1 Chicken burger Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk	2 Spaghetti w meatballs Spinach Corn Italian bread Tropical fruit Milk	3 Egg salad/ WW bread Pasta salad Tossed salad Pineapple Milk	4 Closed Happy 4th of July	5 Hot dog on WW bun Must/ketch/relish Baked beans Green beans Mandarin oranges Milk
<u>WEEK TWO</u>	8 Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Whole wheat tortilla Orange Milk	9 BBQ chicken Mac and cheese Greens Cornbread Strawberry kiwi cup Milk	10 Veg chili Greens Mashed potatoes Cornbread Pears Milk	11 Grilled chicken w roasted red pepper sauce Polenta Broccoli/carrots Garlic sticks Cherry lemon cup Milk	12 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Orange Milk
<u>WEEK THREE</u>	15 Chicken parmesan Penne marinara Spinach Garlic stick Tropical fruit Milk	16 Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk	17 Tuna salad sandwich Snap pea salad Tomato cucumber salad Banana (2) WW bread Milk	18 Sloppy joe on WW bun Roasted potatoes Broccoli casserole Craisins Milk	19 Veg quiche Mashed sweet potatoes Green beans Peaches Garlic sticks Milk
<u>WEEK FOUR</u>	22 Chicken fettuccini alfredo Carrots Spinach Garlic sticks Applesauce Milk	23 Jambalaya Greens Peas and carrots Cornbread Pineapple Milk	24 Turkey sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	25 Chef salad Potato salad Pear Garlic sticks Milk	26 Fish w teriyaki sauce Fried rice Bok choy Birthday dessert Naan bread Milk
<u>WEEK FIVE</u>	29 Scrambled eggs w cheese Waffles Potatoes with peppers/onions Roasted broc/cauli Orange Milk	30 Veg lasagna Spinach Baby carrots Banana Italian bread Milk	31 Shepard's pie Green beans Baby carrots Garlic sticks Lemon raspberry cup Milk		