Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 serving Fruit and	2 slices toast	1 serving Fruit and	2 slices toast	1 serving Fruit and	1 Egg Sandwich:	1 Egg Sandwich:
Yogurt Parfait	1 tablespoon peanut	Yogurt Parfait	1 tablespoon peanut	Yogurt Parfait	2 slices toast	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 Chicken	1 serving Chicken	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