

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 serving <u>Fruit and Yogurt Parfait</u> 1 banana 1 cup milk	2 slices toast 1 tablespoon peanut butter 1 banana 1 cup yogurt	1 serving <u>Fruit and Yogurt Parfait</u> 1 banana 1 cup milk	2 slices toast 1 tablespoon peanut butter 1 orange 1 cup yogurt	1 serving <u>Fruit and Yogurt Parfait</u> 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 <u>Turkey Roll-Ups</u> 1 cup side salad: lettuce, tomato, carrots, onion ½ cup sliced cucumber 1 banana 1 cup milk	2 <u>Turkey Roll-Ups</u> 1 cup side salad: lettuce, tomato, carrots, onion ½ cup sliced cucumber 1 banana 1 cup yogurt	1 serving <u>Chicken Pasta Salad</u> 1 muffin ½ cup <u>Bean Salad</u> ½ cup fresh fruit 1 cup milk	1 serving <u>Chicken Pasta Salad</u> 1 muffin ½ cup <u>Bean Salad</u> ½ cup fresh fruit 1 cup milk	2 <u>Ground Beef Tacos</u> ½ cup refried beans ½ cup corn ½ cup canned fruit 1 cup yogurt	2 <u>Ground Beef Tacos</u> ½ cup refried beans ½ cup corn ½ cup canned fruit 1 cup yogurt	<u>Turkey Melt</u> ½ cup <u>Bean Salad</u> ½ cup sliced cucumber ½ cup applesauce 1 cup milk
1 serving <u>Italian Baked Chicken</u> 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 <u>Italian Baked Chicken</u> 1 cup pasta ½ cup cooked green vegetable 1 cup side salad: lettuce, tomato, onion, carrots ½ cup fresh fruit 1 cup milk	2 <u>Ground Beef Tacos</u> ½ cup refried beans ½ cup corn ½ cup applesauce 1 cup milk	2 <u>Ground Beef Tacos</u> ½ cup refried beans ½ cup corn ½ cup applesauce 1 cup milk	1 serving <u>BBQ Chicken Breast</u> 1 cup rice ½ cup roasted carrots ½ cup peas ½ cup canned fruit 1 cup milk	1 serving <u>BBQ Chicken Breast</u> 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