


Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 2 Pop Tart & Hard-Boiled Egg – 37g Lunch Mini Corn Dogs – 25g OR Yogurt, Cheese Stick & Bagel – 52g Steamed Carrots – 6g Fresh Vegetables – 5g Orange Wedges – 8g 5	Breakfast 3 Pancake Wrapped Sausage Stick –18g Lunch Chicken Fried Steak & Roll – 31g OR Chef Salad – 40g Mashed Potatoes/Gravy – 24g Fresh Vegetables – 5g Applesauce – 12g 1	Breakfast 4 Bacon, Egg & Cheese Biscuit – 30g Lunch Chicken Fettuccini Alfredo– 26g Breadstick – 18g Or Yogurt, Cheese Stick & Bagel – 52g Steamed Broccoli – 2g Fresh Vegetables – 5g Peaches – 12g 2	Breakfast 5 Muffin & Gogurt – 39g Lunch Beef and Cheese Nachos – 33g OR Salad with Egg & Cheese – 39g Pintos & Cheese – 21g Fresh Vegetables – 5g Banana – 27g 3	Breakfast 6 Glazed Cinnamon Roll – 56g Lunch Cheese Pizza – 34g Or Yogurt, Cheese Stick & Bagel – 52g Roasted Zucchini – 3g Fresh Vegetables – 5g Pears – 12g 4
Breakfast 9 Nutri-Grain Bar & Hard-Boiled Egg – 30g Lunch Chicken & Waffles – 22g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables – 5g Mixed Berries – 9g 5	Breakfast 10 Sausage & Egg Tornado – 24g Lunch Meatball Sub – 40g OR Crispy Chicken Salad – 41g Tossed Salad – 5g Fresh Vegetables – 5g Grapes – 10g 1	Breakfast 11 Sausage, Egg & Cheese Croissant –28g Sack Lunch Ham & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Baby Carrots & Ranch Cup – 8g Frozen Fruit Cup – 18g 2	Breakfast 12 Mini Doughnuts – 26g Lunch Teriyaki Chicken over Rice – 30g OR Taco Salad – 41g Edamame – 5g Fresh Vegetables – 5g Pineapple – 15g Fortune Cookie – 7g 3	Breakfast 13 Mini Cinnamon French Toast – 37g Lunch Fiestada Pizza – 43g OR Yogurt, Cheese Stick & Bagel – 52g Corn – 14g Fresh Vegetables – 5g Tropical Fruit – 15g 4
Breakfast 16 Pop Tart & Hard-Boiled Egg – 37g Lunch Hamburger/Cheeseburger – 28g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Waffle Fries – 24g Fresh Vegetables – 5g Mixed Fruit – 15g 5	Breakfast 17 Pancake Wrapped Sausage Stick –18g Lunch Macaroni & Cheese – 29g OR Chef Salad – 40g Steamed Broccoli – 2g Fresh Vegetables – 5g Strawberries – 10g 1	Breakfast 18 Bacon, Egg & Cheese Biscuit – 30g Lunch Crispito & Cheese Sauce – 26g OR Yogurt, Cheese Stick & Bagel – 52g Roasted Cauliflower – 4g Fresh Vegetables – 5g Mandarin Oranges – 22g 2	Breakfast 19 Muffin & Gogurt – 39g Lunch Turkey & Gravy & Ciabatta Roll – 40g OR Salad with Egg & Cheese – 39g Mashed Potatoes – 18g Fresh Vegetables – 5g Warm Spiced Apples – 29g Whipped Pumpkin Delight – 19g 3	Breakfast 20 Glazed Cinnamon Roll – 56g Lunch Carnitas Soft Taco – 26g Lettuce-Tomatoes-Salsa – 5g Fiesta Black Beans – 12g OR Yogurt, Cheese Stick & Bagel – 52g Fresh Vegetables – 5g Banana – 27g 4
Breakfast 23 Nutri-Grain Bar & Hard-Boiled Egg -30g Lunch Pig in a Blanket -36g OR Yogurt, Cheese Stick & Bagel – 52g French Fries – 17g Fresh Vegetables – 5g Peaches – 12g 5	Breakfast 24 Sausage & Egg Tornado – 24g Sack Lunch Turkey & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Celery Sticks & Ranch Cup – 5g Frozen Fruit Cup – 18g 1	25	26 	27
Breakfast 30 Pop Tart & Hard-Boiled Egg – 37g Lunch Popcorn Chicken Bowl & Roll – 62g OR Yogurt, Cheese Stick & Bagel – 52g Fresh Vegetables – 5g Strawberries – 10g 2				