

menu

WEEK 1
CENTER # 300228



BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Whole-grain Toasty O's cereal, served with fresh orange slices and 1% low-fat milk	English muffin toasted with cinnamon-maple sun butter, served with apricots and 1% low-fat milk	Whole-grain French toast sticks, served with mixed berries and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with applesauce and 1% low-fat milk	Crispy rice cereal, served with fresh sliced bananas and 1% low-fat milk

LUNCH

Bean & Cheese Burrito	Chicken Teriyaki Bowl	Cheese Pizza	Spaghetti with Meat Sauce	Fish Sticks
Refried beans and cheese baked inside a flour tortilla, served with corn, fruit cocktail, and 1% low-fat milk	Diced chicken served over whole-grain brown rice, with mixed vegetables, mango, and 1% low-fat milk	Cheese pizza with a whole-grain crust, served with tender steamed broccoli, pineapple, and 1% low-fat milk	Chicken crumble meat sauce poured over whole-grain pasta, served with fresh zucchini, apricots, and 1% low-fat milk	Whole-grain fish sticks served with fresh cucumber slices, strawberries, and 1% low-fat milk

VEGETARIAN OPTION

Teriyaki Bean & Rice Bowl	Spaghetti, Marinara, & Parmesan	Veggie Slider
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AFTERNOON SNACK

Yogurt and fresh sliced bananas	Cheese cubes and a crunchy snack mix of pretzels, Chex™ cereal, and cheese crackers	Whole-grain graham crackers and 1% low-fat milk	Whole-grain breadstick and sliced cheese	Wheat crackers and hummus bean dip
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menu

WEEK 2
CENTER #300228



BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Chex™ cereal, served with pears and 1% low-fat milk	Warm whole-grain breadstick served with cinnamon-maple sprinkle, fresh sliced bananas and 1% low-fat milk	Whole-grain pancakes, served with mixed berries and 1% low-fat milk	Whole-grain oatmeal, topped with raisins, fresh sliced bananas and 1% low-fat milk	Kix® cereal, served with peaches and 1% low-fat milk

LUNCH

Mac 'n' Cheese with Refried Beans	Sweet & Sour Chicken Rice Bowl	Mini Cheeseburger Slider	Homemade Chicken & Rice Casserole	Sun Butter & Jelly Sandwich
Macaroni noodles, cheese, and refried beans served with green peas, apricots, and 1% low-fat milk	Diced chicken served over whole-grain brown rice, with a freshly mixed garden salad, pineapple, and 1% low-fat milk	Beef patty with cheese on a whole-grain bun, served with roasted potato wedges, peaches, and 1% low-fat milk	Diced chicken, cheese, and whole-grain brown rice casserole, served with mixed vegetables, fresh orange slices, and 1% low-fat milk	Sun butter and jelly sandwich on whole-grain bread, served with yogurt, fresh carrot sticks, fresh apple slices, and 1% low-fat milk

VEGETARIAN OPTION

	Sweet & Sour Bean & Rice Bowl	Veggie Slider	Cheesy Rice Casserole	
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AFTERNOON SNACK

Applesauce and whole-grain graham crackers	Cereal mix of Toasty O's, Kix®, and Chex™ cereals, served with 1% low-fat milk	Fresh celery and carrot sticks, served with cheese crackers	Yogurt and mango	Whole-grain Toasty O's cereal served with 1% low-fat milk
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WEEK 3
CENTER #300228



BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Corn Flakes cereal, served with blueberries and 1% low-fat milk	Warm whole-grain biscuits, served with peaches and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with strawberries and 1% low-fat milk	Whole-grain French toast sticks, served with apricots and 1% low-fat milk	Chex™ cereal, served with fresh sliced bananas and 1% low-fat milk

LUNCH

Veggie Pizza	Homemade Chicken & Pasta Casserole	Hot Turkey Sandwich	Crispy Chicken Burrito	Egg Breakfast Biscuit
Cheese pizza with a whole-grain crust, served with mixed vegetables, pineapple, and 1% low-fat milk	Diced chicken, cheese, and whole-grain pasta casserole, served with peas and carrots, fruit cocktail, and 1% low-fat milk	Hot turkey sandwich on whole-grain bread, served with mashed potatoes, mango, and 1% low-fat milk	Chicken crumble and cheese baked in a flour tortilla, served with corn, blueberries, and 1% low-fat milk	Egg on a whole-grain biscuit, served with steamed green beans, fresh orange slices, and 1% low-fat milk

VEGETARIAN OPTION

Cheesy Pasta Casserole	Veggie Slider Sandwich	Crispy Cheese Quesadilla
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AFTERNOON SNACK

Whole-grain breadstick and hummus bean dip	Vanilla wafers and 1% low-fat milk	Fresh broccoli and cheese cubes	Yogurt and granola	Fresh apple slices and sun butter
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WEEK 4
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BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Crispy rice cereal, served with pears and 1% low-fat milk	Cinnamon-maple flavored whole-grain oatmeal, served with peaches and 1% low-fat milk	Whole-grain pancakes, served with fresh sliced oranges and 1% low-fat milk	Warm whole-grain biscuit, served with fruit cocktail and 1% low-fat milk	Whole-grain Toasty O's cereal, served with mango and 1% low-fat milk

LUNCH

Homemade Baked Cheesy Penne	Mini Beef Pizza Sliders	Homemade Taco Mac 'n' Cheese	Turkey Sandwich with Tomato Soup	Fish Sandwich
Whole-grain pasta with melted mozzarella cheese, served with steamed broccoli, fruit cocktail, and 1% low-fat milk	Beef patty with cheese served on a whole-grain bun, served with mixed vegetables, pears, and 1% low-fat milk	Chicken crumble, cheese, and macaroni noodles, served with a freshly mixed garden salad, strawberries, and 1% low-fat milk	Turkey sandwich on whole-grain bread, served with tomato soup, fresh sliced bananas, and 1% low-fat milk	Whole-grain fish sticks served on a whole-grain bun, with green peas, blueberries, and 1% low-fat milk

VEGETARIAN OPTION

	Veggie Pizza Slider	Taco Mac & BBQ Baked Beans	Grilled Cheese	Sun Butter Sandwich & Yogurt
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AFTERNOON SNACK

Fresh apple slices and yogurt	Wheat crackers and cheese slices	Whole-grain bagel toasted with cream cheese and blueberries	Cheese crackers and fresh cucumber slices	Whole-grain graham crackers and 1% low-fat milk
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WEEK 5
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BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Kix® cereal, served with fresh orange slices and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with mixed berries and 1% low-fat milk	English muffin toasted with cinnamon-maple sun butter, served with blueberries and 1% low-fat milk	Whole-grain French toast sticks, served with fresh banana slices and 1% low-fat milk	Chex™ cereal, served with fruit cocktail and 1% low-fat milk

LUNCH

Grilled Cheese & Tomato Soup	Turkey Breakfast Sandwich	Homemade Chicken & Pasta Casserole	Teriyaki Beef Sliders	Cracker Stackers
Grilled cheese sandwich on whole-grain bread, served with tomato soup, fresh sliced bananas, and 1% low-fat milk	Turkey-sausage and cheese sandwich on a toasted English muffin, served with a freshly mixed garden salad, apricots, and 1% low-fat milk	Diced chicken and whole-grain pasta with cheese, served with broccoli, mixed berries, and 1% low-fat milk	Beef patty on a whole-grain bun with teriyaki sauce, served with peas and carrots, pineapple, and 1% low-fat milk	Turkey and cheese slices with Town House® crackers, served with fresh celery sticks, fresh apple slices, and 1% low-fat milk

VEGETARIAN OPTION

	Veggie Breakfast Sandwich	Cheesy Pasta Casserole	Teriyaki Veggie Slider	Crackers & Cheese
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AFTERNOON SNACK

Animal crackers and 1% low-fat milk	Fresh celery sticks and sun butter topped with raisins	Fresh carrot sticks and a mix of pretzels, Chex™ cereal, and crackers	Yogurt and mango	Whole-grain pita bread and hummus bean dip
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