

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios with Raspberries and Milk	Blueberry Oatmeal Breakfast Bars, Milk	Avocado on WGR Toast with and Grapefruit	Yogurt Parfaits with Oatmeal mixed in and Three Berry Blend	Waffles with Leftover Fruit
Morning Snack	Wheat Thins with Mozzarella Sticks, Water	Pretzels with Cottage Cheese, Water	Hummus with Carrots , Water	Tortilla Chips with Avocado , Water	Cheese Cubes with Apple Slices, Water
Lunch	Black Bean and Cheese Quesadilla on Tortilla, Southwest Salad , Pears, Milk	Chicken Noodle Soup with Brown Rice Noodles , Carrots , Celery , Mandarin Oranges, Milk	Beef and Cheese Lasagna with Spinach and Zucchini , Apple Sauce, Milk	Chicken Pizza with Chopped Romaine Salad, Tomatoes , Cucumbers , Cantaloupe, Milk	Turkey and Cheese on WGR Sandwich Bread , Carrot Sticks , Pineapple, Milk
Afternoon Snack	WGR Sandwich Thins topped with Guacamole, Water	Rainbow Roll Ups with Hummus and Bell Peppers on Tortilla, Water	Power Green Smoothies with Oatmeal , Water	Snack Mix with Pretzels , Wheat Chex , Craisins and Raisins, Milk	Fruit Salad with Cinnamon Chips, Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal with Raspberries	Avocado Toast on WGR Bread with Grapefruit	Waffles with Cantaloupe, Milk	Blueberry Oatmeal Breakfast Bars, Milk	Cheerios with Left-over Fruit, Milk
Morning Snack	Pretzels, Cheddar Cheese Water	Yogurt, Bananas, Water	Wheat Thins, Clementine's, Water	Cream Cheese, Celery Sticks, Raisins, Water	Mozzarella Sticks, Honeydew Melon, Water
Lunch	Beef Spaghetti with WGR Noodles, Mixed Salad with Tomatoes and Cucumber, Mandarin Oranges, Milk	Black Bean and Cheese Burritos with Brown Rice, Lettuce, Tomato, Cantaloupe, Milk	Chicken with Roasted Red Pepper Sauce on WGR Penne, Broccoli, Grapefruit, Milk	Quinoa + Beef Chili with Pinto & Kidney Beans, Corn, Spinach Salad, Pears and Milk	Turkey and Cheese Rollups with Spinach, Bell Peppers, Applesauce, Milk
Afternoon Snack	Snack Mix with Pretzels, Wheat Chex, Craisins and Raisins, Milk	Tortilla Chips, Pico de Gallo, Water	Fruit Salad with Cinnamon Chips, Water	Cottage Cheese with Mixed Berries, Water	Cheese Cubes, Clementine's, Water

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pumpkin Spice Cream of Wheat , Bananas, Milk	Oatmeal with Raspberries and Milk	Waffles with Cantaloupe and Milk	WGR Toast with Festival Mix Fruit and Milk	Cheerios with Leftover Fruit, Milk
Morning Snack	Wheat Thins , Cheddar Cheese, Water	Pretzels and Clementine's, Water	Carrots , Hummus , Milk	Cottage Cheese, Mixed Fruit, Water	Cheese Cubes and Apple Slices, Water
Lunch	Chicken Nuggets, WW Rolls , Spinach Salad, Apple Sauce, Milk	Southwestern Stuffed Sweet Potatoes with Quinoa , Black Beans , Pico de Gallo , Pears and Milk	Chicken and Feta Gyros, Pitas, Romaine , Cucumbers , Tomatoes , Apple Slices, Tzatziki Sauce, Milk	Beef Taco Salad with Brown Rice , Romaine , Corn , Tomatoes , Mixed Fruit, Milk	Ham and Cheese Sandwiches on WW Bread Honeydew Melon, Carrot Sticks, Milk
After-noon Snack	Avocado , Tortilla Chips, Water	Rainbow Roll Ups with Hummus and Bell Peppers , Water	Tortilla Chips, Pico de Gallo , Water	Cucumber Salad, with Tomatoes and Feta Cheese, Water	Power Green Smoothies with Oatmeal , Water

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles with Festival Blend Fruit & Milk	WGR Toast , Bananas, Cottage Cheese & Milk	Cinnamon Apple Oatmeal , Milk	Blueberry Oatmeal Breakfast Bars, Milk	Pumpkin Spice Cream of Wheat , Bananas, Milk
Morning Snack	Pretzels , Mozzarella Sticks, Water	Wheat Thins and Clementine's, Water	Yogurt and Bananas, Water	Cream Cheese, Celery Sticks, Raisins, Water	Mozzarella Sticks, Cantaloupe, Water
Lunch	Black Bean and Cheese Enchiladas, Corn , Apple Sauce, Milk	Beef Empanadas with Carrots , Potatoes , Romaine Salad , Applesauce, Milk	White Bean Pasta Salad with WGR Penne , Cucumber , Tomatoes , Bell Pepper , Honeydew Melon, Feta Cheese, Milk	BBQ Chicken Sliders on WGR Sandwich Thins with Coleslaw and Corn on the Cobb , Oranges, Milk	Turkey and Cheese Sandwiches on WGR Bread , Carrot Sticks Cantaloupe, & Milk
Afternoon Snack	WGR Sandwich Thins topped with Guacamole, Water	Power Green Smoothies with Oatmeal , Water	Cottage Cheese, Mixed Fruit, Water	Fruit Salad with Cinnamon Chips, Water	Wheat Thins , Clementine's, Water