

WEEK 1	Monday - Day 1	Tuesday - Day 2	Wednesday - Day 3	Thursday - Day 4	Friday - Day 5	Saturday - Day 6	Sunday - Day 7
BREAKFAST							
Beverages	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
Hot Cereal	Oatmeal or Cream of Wheat						
Cold Cereal	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
Fruit	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
Breakfast Entrée	Boiled Egg	Breakfast Egg Sandwich (no cheese)	Scrambled Eggs	Scrambled Eggs	Grilled Egg Patty	Gouda Cheese	Scrambled Eggs
Bread	Brown Toast	Brown Toast	Whole Wheat Mini Bagel	Brown Toast	Brown Toast	Brown Toast	Toasted English Muffin
	White Toast	White Toast	Brown or White Toast	White Toast	White Toast	White Toast	Brown or White Toast
Condiments	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Aple Jelly	Apple Jelly Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
AM SNACK	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Vegetable Broth	Cream of Mushroom Soup	Tomato Bisque	Vegetable Broth	Cream of Broccoli	Vegetable Broth	Tomato
Entrées	Vegetarian Chili	Cheese Omelette	Chicken Strips Halal	Vegetarian Chili	Breaded Chicken Strips with Plum Sauce	Cod Fish Nuggets with Tartar Sauce	Black Bean Patty with Condiments, Onions and Tomato Slice
	Salmon Salad Sandwich on Brown with Sweet Pickle Slices	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Tuna Salad Sandwich on Brown	Peanut Butter Sandwich on Brown	Egg Salad Sandwich on Brown
Starch	Mashed Potatoes	Hash Brown Patty	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes	Red Skin Potato Wedges	Country Style Diced Potatoes
Vegetables and Salads	Sugar Snap Peas	Coleslaw	Fajita Vegetables	Broccoli	Four Blend Vegetables	Green Beans	Coleslaw
	Sliced Pickled Beets	Sunrise Carrot Blend	Shredded Lettuce & Tomato Slices		Creamy Cucumber Salad	Tossed Salad with Cherry Tomatoes	Peas
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Peach Compote	Fruit Cocktail	Diced Pears
	Fresh Fruit from Bowl	Fresh Fruit from Bowl	Fresh Fruit from Bowl	Vanilla Pudding IND	Vanilla Cream Yogurt	Chocolate Ice Cream	Fresh Fruit from Bowl
Bread	Crackers, Whole Wheat or White Bread						

WEEK 1	Monday - Day 1	Tuesday - Day 2	Wednesday - Day 3	Thursday - Day 4	Friday - Day 5	Saturday - Day 6	Sunday - Day 7
PM SNACK	Shortcake Cookies	Molasses Cookie	NSA Chocolate Chip Cookie	Apple Slices	Oatmeal Cookie	Blueberry Turnover Cookie	Strawberry Turnover Cookie
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées	Vegetarian Meatless Meatballs	Breaded Haddock	Sweet Curry Chicken	Vegetarian Dhal	Grilled Salmon with Tartar Sauce	Sweet Curry Chicken	Spicy Beef Stew
	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown
Starch	Vegetable Rice	Roasted Sweet Potatoes	Mashed Potatoes	Mashed Potatoes	Long Grain White Rice	Baked Potato with Sour Cream	
Vegetables and Salads	Cauliflower & Broccoli	Four Blend Vegetables	Diced Beets	Roasted Fall Vegetables	Grilled Gourmet Vegetables	Butternut Squash	Baby Carrots
	Spinach	Warm Brown Beans	Diced Asparagus	Corn	Diced Beets	Cauliflower & Broccoli	
Desserts	Date Square	Vanilla Ice Cream	Lemon Meringue Pie	Butter Tart	Diet Chocolate Mousse Cake	Triple Berry Crumble	Tropical Fruit Salad
	Fresh Apple Slices	Strawberry Rhubarb Compote with Topping	Diced Peaches	Mixed Berries with Topping	Mango Chunks	Diced Peaches	Fresh Fruit from Bowl
Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	Oatmeal Muffin with Gouda Cheese	Key Lime Greek Yogurt	Smooth Lemon Cottage Cheese	Diced Peaches IND	Bran Muffin with Brick Cheese	1/2 Peanut Butter & NSA Jam Sandwich	Apple Spice Muffin with Brick Cheese

WEEK 2	Monday - Day 8	Tuesday - Day 9	Wednesday - Day 10	Thursday - Day 11	Friday - Day 12	Saturday - Day 13	Sunday - Day 14
BREAKFAST							
Beverages	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
Hot Cereal	Oatmeal or Cream of Wheat						
Cold Cereal	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
Fruit	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
Breakfast Entrée	Boiled Egg	Breakfast Egg Sandwich (no cheese)	Scrambled Eggs	Scrambled Eggs	Pancakes with Syrup & Grilled Egg Patty	Gouda Cheese	Scrambled Eggs
Bread	Brown Toast	Brown Toast	Whole Wheat Mini Bagel	Brown Toast	Brown Toast	Brown Toast	Toasted English Muffin
	White Toast	White Toast	Brown or White Toast	White Toast	White Toast	White Toast	Brown or White Toast
Condiments	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Aple Jelly	Apple Jelly Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
AM SNACK							
	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Vegetable Broth	Vegetable Broth	Cream of Broccoli	Vegetable Broth	Cream of Mushroom	Vegetable Broth	Tomato Soup
Entrées	Vegetarian Dhal	Vegetarian Chick'n Tenders	Falafel Veg Balls & Hummus	Grilled Salmon w Tartar Sauce	Falafel Veg Balls & Hummus	Vegetraian Dhal	Vegetarian Pasta Primavera
	Peanut Butter Sandwich on Brown	Salmon Salad Sandwich & Sliced Sweet Pickles	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Tuna Salad Sandwich on Brown	Egg Salad Sandwich on Brown	Peanut Butter Sandwich on Brown
Starch	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes
Vegetables and Salads	Broccoli	Four Blend Vegetables	Coleslaw	Green Beans	Peas	Creamy Cucumber Salad	Grilled Gourmet Vegetables
		Sliced Pickled Beets	Diced Carrots			Sunrise Carot Blend	Tossed Salad with Cherry Tomatoes
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Strawberry Rhubarb Compote with Topping	Fruit Cocktail	Diced Pears
	Fresh Fruit from Bowl	Chocolate Pudding	Fresh Fruit from Bowl	Fresh Fruit from Bowl	Vanilla Cream Yogurt	Vanilla Ice Cream	Lemon Pudding with Topping
Bread	Crackers, Whole Wheat or White Bread						
Beverages	2% Milk, Coffee, or Tea						

WEEK 2	Monday - Day 8	Tuesday - Day 9	Wednesday - Day 10	Thursday - Day 11	Friday - Day 12	Saturday - Day 13	Sunday - Day 14
PM SNACK	Shortcake Cookies	Molasses Cookie	Shortcake Cookies	Apple Slices	Oatmeal Cookie	Blueberry Turnover Cookie	Strawberry Turnover Cookie
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées	Lemon Crusted Sole	Vegetarian Chili	Vegetarian Chick'n Tenders	Halal Sweet Curry Chicken	Mediterranean Glazed Haddock	Homemade Vegetarian Chili	Falafel Veg Balls & Hummus
	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown
Starch	Mashed Potatoes	Mashed Potatoes	Country Style Diced Potatoes		Herb Roasted Potatoes	Baked Potato with Sour Cream	Mashed Potatoes
Vegetables and Salads	Diced Asparagus	Sunrise Carrot Blend	Roasted Fall Vegetables	Warm Brown Beans	Butternut Squash	Diced Asparagus	Spinach
	Carrot Turnip Mashed	Tossed Salad with Cherry Tomatoes	Corn	Baby Carrots?	Cauliflower & Broccoli	Diced Beets	Roasted Fall Vegetables
Desserts	Strawberry Shortcake	Butterscotch Ice Cream	Blueberry Pie	Rice Pudding with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
	Fresh Apple Slices	Fruit Cocktail	Diced Peaches	Mixed Berries with Topping	Diced Pears	Fresh Fruit Bowl	Fresh Fruit from Bowl
Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	PB & J 1/2 Sandwich	Apple Spice Muffin & Brick Cheese	Crackers & Brick Cheese	Apple Spice Muffin & Brick Cheese	Smooth Lemon Cottage Cheese	Bran Muffin with Brick Cheese	Oatmeal Muffin with Brick Cheese

WEEK 3	Monday - Day 15	Tuesday - Day 16	Wednesday - Day 17	Thursday - Day 18	Friday - Day 19	Saturday - Day 20	Sunday - Day 21
BREAKFAST							
Beverages	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
Hot Cereal	Oatmeal or Cream of Wheat						
Cold Cereal	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
Fruit	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
Breakfast Entrée	Boiled Egg	Breakfast Egg Sandwich (no cheese)	Scrambled Eggs	Scrambled Eggs	Pancakes with Syrup & Grilled Egg Patty	Croissant & Brick Cheese	Scrambled Eggs
Bread	Brown Toast	Brown Toast	Whole Wheat Mini Bagel	Brown Toast	Brown Toast	Brown Toast	Toasted English Muffin
Bread	White Toast	White Toast	Brown or White Toast	White Toast	White Toast	White Toast	Brown or White Toast
Condiments	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Apple Jelly Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
LUNCH							
Soup	Vegetable Broth	Vegetable Broth	Seasonal Soup	Vegetable Broth	Cream of Broccoli	Vegetable Broth	Vegetable Broth
Entrées	Vegetarian Dhal	Halal Chicken Strips	Egg Salad Sandwich on Brown	Cod Fish Nuggets with Tartar Sauce	Vegetarian Meatless Meatballs	Breaded Chicken Strips with Plum Sauce	Vegetarian Pasta Primavera
	Salmon Salad Sandwich & Sweet Pickle Slices	Peanut Butter Sandwich on Brown	Falafel Veg Balls & Hummus	Egg Salad Sandwich	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown
Starch	Mashed Potatoes	Mashed Potatoes	Vegetable Rice	Red Skin Potato Wedges	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes
Vegetables and Salads	Peas	Shredded Lettuce & Tomato Slices	Seasonal Vegetable	Peas	Coleslaw	Fajita Vegetables	Baby Carrots
		Four Blend Vegetable Medley	Diced Carrots	Tossed Salad with Cherry Tomatoes	Grilled Gourmet Vegetables	Coleslaw	Tossed Salad with Cherry Tomatoes
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Apple Compote	Fruit Cocktail	Diced Pears
	Fresh Fruit from Bowl	Fresh Fruit from Bowl	Fresh Fruit from Bowl	Fresh Fruit from Bowl	Vanilla Cream Yogurt	Butterscotch Ice Cream	Tangerine Mousse
Bread	Crackers, Whole Wheat or White Bread						
Beverages	2% Milk, Coffee, or Tea						

WEEK 3		Monday - Day 15	Tuesday - Day 16	Wednesday - Day 17	Thursday - Day 18	Friday - Day 19	Saturday - Day 20	Sunday - Day 21
PM SNACK	Shortcake Cookies	Molasses Cookie	Chocolate Chip Cookie NSA	Fresh Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie	
DINNER								
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice	
Entrées	Vegetarian Chick'n Tenders	Lemon Crusted Sole	Breaded Chicken Cutlet	Vegetarian Meatless Meatballs with BBQ Sauce	Vegetarian Chick'n Tenders	Breaded Haddock	Vegetarian Dhal	
	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	Peanut Butter Sandwich on Brown	
Starch	Herb Roasted Potatoes	Mashed Potatoes	Herb Roasted Potatoes	Potato Salad	Mashed Potatoes	Baked Potato 1/2	Mashed Potatoes	
Vegetables and Salads	Carrot Turnip Mashed	Sugar Snap Peas	Diced Asparagus	Warm Brown Beans	Sunrise Carrot Blend	Roasted Fall Vegetables	Diced Asparagus	
	Broccoli	Coleslaw	Creamed Corn	Cauliflower & Broccoli	Diced Beets	Corn	Butternut Squash	
Desserts	Fresh Apple Slices	Chocolate Ice Cream	Diced Peaches	Mixed Berries with Topping	Diced Pears	Rice Pudding w/ Topping	Tropical Fruit Salad	
	Fresh Fruit from Bowl	Peach Compote	Fresh Fruit from Bowl	Fresh Fruit from Bowl	Diced Mangoes	Diced Peaches	Fresh Fruit from Bowl	
Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	
Beverages	2% Milk, Coffee, or Tea							
HS SNACK	Key Lime Greek Yogurt	Fresh Apple Slices with Peanut Butter	Crackers with Brick Cheese	Oatmeal Muffin with Gouda Cheese	Fruit Cream Yogurt	Nutrigrain Bar	Blueberry Bran Muffin with Cheddar Cheese	