

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 & Cheese Sandwich	Scrambled Eggs	Scrambled Eggs	Grilled Egg Patty	Gouda Cheese	Scrambled Eggs
Bread	Cinnamon Raisin Bread	Brown Toast	Whole Wheat Mini Bagel with Cream Cheese	Brown Toast	Cinnamon Raisin Bread	Lemon Cranberry Muffin	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	Brown or White Toast	Brown or White Toast	Brown or White Toast
Condiments	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
AM SNACK	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Three Sisters Soup	Cream of Mushroom Soup	Tomato Bisque	Vegetable Broth	Cream of Broccoli	Vegetable Broth	Tomato
Entrées	Creamy Vegetable Lasagna	Cheese Omelette	Black Bean Patty	Alfredo Pasta Primavera	Vegetarian Pasta Primavera	Vegetarian Dhal	Black Bean Burger on Brown Bun with Condiments, Onions and Tomato Slice
	Egg Salad Sandwich & Sweet Pickle Slices	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	Egg Salad Sandwich on Brown
Starch	Mashed Potatoes	Hash Brown Patty	Long Grain White Rice	Mashed Potatoes	Chick Pea Salad	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
	Butterscotch Pudding with Topping	Fresh Fruit from Bowl	Vanilla Mousse with Topping	Chocolate Pudding with Topping	Vanilla Cream Yogurt	Chocolate Ice Cream	Tangerine Mousse with Topping
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	Homebaked Fudge Brownie Cookie	Molasses Cookie	Home Baked Chocolate Chip Cookie	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	Cheese Pizza	Vegetarian Chick'n Tenders	Vegetarian Pasta Primavera	Vegetarian Dhal	Falafel Balls with Hummus	Creamy Vegetable Lasagna	Chana Masala
	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich
Starch	Vegetable Rice	Roasted Sweet Potatoes	Mashed Potatoes	Cheesy Scalloped Potatoes	Long Grain White Rice	Baked Potato 1/2 with Sour Cream	Parisienne Potatoes
Vegetables and Salads	Cauliflower & Broccoli	Warm Brown Beans	Diced Beets	Roasted Fall Vegetables	Grilled Gourmet Vegetables	Butternut Squash	Baby Carrots
	Spinach	Four Blend Vegetables	Diced Asparagus	Corn	Diced Beets	Cauliflower & Broccoli	Creamed Corn
Desserts	Date Square	Vanilla Ice Cream	Lemon Meringue Pie	Butter Tart	Chocolate Brownie	Triple Berry Crumble	Vanilla Caramel Swirl Cake
	Fresh Apple Slices	Strawberry Rhubarb Compote with Topping	Diced Peaches	Mixed Berries with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
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	Potato Roll
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	Oatmeal Muffin with Gouda Cheese	Key Lime Greek Yogurt	Cinnamon Raisin Bread with Cheese Whiz	Lemon Cranberry Muffin with Cheddar Cheese	Raspberry Bran Muffin with Brick Cheese	1/2 Peanut Butter & NSA Jam Sandwich	Blueberry Bran Muffin with Cheddar 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 & Cheese Sandwich	Scrambled Eggs	Scrambled Eggs	Pancakes with Syrup & Grilled Egg Patty	Gouda Cheese	Scrambled Eggs
Bread	Cinnamon Raisin Bread	Brown Toast	Whole Wheat Mini Bagel with Cream Cheese	Brown Toast	Brown Toast	Cinnamon Risin Bread	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	White Toast	Brown or 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
AM SNACK							
	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Vegetable Broth	Three Sisters Soup	Cream of Broccoli	Vegetable Broth	Cream of Mushroom	Vegetable Broth	Tomato Soup
Entrées	Vegetarian Dhal	Vegetarian Chick'n Tenders	Spinach & Cheese Ravioli	Vegetarian Pasta Primavera	Falafel Veg Balls & Hummus	Vegetarian Dhal	Vegetarian Pasta Primavera
	PB or Cheese Sandwich	Egg Salad Sandwich on Brown with Sweet Pickle Slices	PB or Cheese Sandwich	PB or Cheese Sandwich	Egg Salad Sandwich on Brown	Egg Salad Sandwich on Brown	PB or Cheese Sandwich
Starch	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes	Long Grain White Rice	Mashed Potatoes	Macaroni Salad	Mashed Potatoes
Vegetables and Salads	Broccoli	Four Blend Vegetables	Coleslaw	Green Beans	Peas	Creamy Cucumber Salad	Grilled Gourmet Vegetables
		Sliced Pickled Beets	Diced Carrots	Tossed Salad with Cherry Tomatoes		Sunrise Carrot Blend	Tossed Salad with Cherry Tomatoes
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Strawberry Rhubarb Compote with Topping	Fruit Cocktail	Diced Pears
	Prune Whip	Chocolate Pudding	Fresh Fruit from Bowl	Vanilla Pudding with Topping	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	Homebaked Chocolate Chip Cookie	Molasses Cookie	Homebaked Fudge Brownie Cookie	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	Falafel Veg Balls with Hummus	Vegetarian Chili	Vegetarian Chick'n Tenders	Creamy Vegetable Lasagna	Vegetarian Dhal	Homemade Vegetarian Chili	Falafel Veg Balls with Hummus
	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich
Starch	Mashed Potatoes	Mashed Potatoes	Country Style Diced Potatoes	Red Skin Potato Wedges	Herb Roasted Potatoes	Baked Potato with Sour Cream	Cheesy Scalloped Potatoes
Vegetables and Salads	Diced Asparagus	Sunrise Carrot Blend	Roasted Fall Vegetables	Warm Brown Beans	Buternut 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	Orange Citrus Cake	Chocolate Brownie	Pumpkin Pie w Topping
	Fresh Apple Slices	Fruit Cocktail	Diced Peaches	Mixed Berries with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
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	Potato Roll
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	PB & J 1/2 Sandwich	Blueberry Passion Muffin with Brick Cheese	Cinnamon Raisin Bread with Cheese Whiz	Banana Muffin with Gouda Cheese	Smooth Lemon Cottage Cheese	Blueberry Passion Muffin with Cheddar 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 & Cheese Sandwich	Scrambled Eggs	Scrambled Eggs	Pancakes with Syrup & Grilled Egg Patty	Croissant & Brick Cheese	Scrambled Eggs
Bread	Cinnamon Raisin Bread	Brown Toast	Whole Wheat Mini Bagel with Cream Cheese	Brown Toast	Brown Toast	Brown Toast	Toasted English Muffin
	Brown or 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	Tomato Bisque	Seasonal Soup	Vegetable Broth	Cream of Broccoli	Vegetable Broth	Cream of Potato Soup
Entrées	Vegetarian Dhal	Macaroni & Cheese	Egg Salad Sandwich on Brown	Cobb Salad w/ Potato Roll	Vegetarian Meatless Meatballs	Vegetarian Chick'n Tenders and Plum Sauce	Vegetarian Pasta Primavera
	PB or Cheese Sandwich	PB or Cheese Sandwich	Falafel Veg Balls & Hummus	Egg Salad Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich	PB or Cheese Sandwich
Starch	Mashed Potatoes	Mashed Potatoes	Vegetable Rice		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		Grilled Gourmet Vegetables	Coleslaw	Tossed Salad with Cherry Tomatoes
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Apple Compote	Fruit Cocktail	Diced Pears
	Chocolate Pudding with Topping	Fresh Fruit from Bowl	Chocolate Mousse w Topping	Banana Pudding with Topping	Vanilla Cream Yogurt	Butterscotch Ice Cream	Tangerine Mousse with Topping
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	Homebaked Fudge Brownie Cookie	Molasses Cookie	Homebaked Chocolate Chip Cookie	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	Cheese Pizza	Black Bean Patty with Dinner Roll	Vegetarian Chili	Vegetarian Meatless Meatballs with BBQ Sauce	Vegetarian Pasta Primavera	Vegetarian Chili	Vegetarian Dhal
	Peanut Butter or Cheese Sandwich	Peanut Butter or Cheese Sandwich	Peanut Butter or Cheese Sandwich	Peanut Butter or Cheese Sandwich	Peanut Butter or Cheese Sandwich	Peanut Butter or Cheese Sandwich	Peanut Butter or Cheese Sandwich
Starch	Herb Roasted Potatoes	Mashed Potatoes	Roasted Sweet Potatoes	Potato Salad	Mashed Potatoes	Baked Potato 1/2 w/ Sour Cream	Mashed Potatoes
Vegetables and Salads	Carrot Turnip Mash	Sugar Snap Peas	Diced Asparagus	Warm Brown Beans	Sunrise Carrot Blend	Roasted Fall Vegetables	Diced Aaparagus
	Broccoli	Coleslaw	Creamed Corn	Cauliflower & Broccoli	Diced Beets	Corn	Butternut Squash
Desserts	Cinnamon Coffee Cake	Chocolate Ice Cream	Vanilla Bean Dream Cake	Triple Chocolate Fudge Cake	Lemon Cream Shortcake	Rice Pudding w/ Topping	Carrot Cake
	Fresh Apple Slices	Peach Compote	Diced Peaches	Mixed Berries with Topping	Diced Mangoes	Diced Peaches	Tropical Fruit Salad
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	Lemon Raspberry Muffin with Cheddar Cheese	Cinnamon Raisin Bread with Cheese Whiz	Oatmeal Muffin with Gouda Cheese	Fruit Cream Yogurt	Nutrigrain Bar	Blueberry Bran Muffin with Cheddar Cheese