

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast 8:15 -- 8:45	Whole Grain Low Sugar Cereal with Apple & Milk	English Muffin with Cream Cheese & Milk	Smoothie with plain yogurt and Banana	Whole Grain Low Sugar Cereal with Orange & Milk	Yogurt with Granola & Cranberries
Non-Vegetarian Lunch 11:45 -- 12:30	Cheese cubes in a Spinach Sauce served with Rice, Carrots & Milk	Tacos with Ground Turkey, Lettuce, Guacamole & Milk	Salmon Burger in a Roll with Vegetables & Milk	Pasta with Vegetables, Chicken & Milk	Burrito with Beans & Cheese, Vegetables & Milk
Vegetarian Lunch 11:45 -- 12:30	Cheese cubes in a Spinach Sauce served with Rice, Carrots & Milk	Tacos with Textured Vegetable Protein (TVP), Lettuce, Guacamole & Milk	Soy Burger in a Roll with Vegetables & Milk	Pasta with Vegetables, Tofu & Milk	Burrito with Beans & Cheese, Vegetables & Milk
Afternoon Snack 15:00 -- 15:30	Croissant with Seed Butter and Jam & Milk	String Cheese, Apple Slices & Milk	Croissant with Seed Butter and Jam & Milk	English Muffin with Seed Butter & Jam & Milk	Low Sugar Whole Grain Cookie & Milk
Evening Snack 17:00 -- 17:15	Hummus with Multi-Grain Crackers	Crackers with Cucumber & Cheddar Cheese	Avocado with Multi-Grain Crackers	Banana with Wheat Thins	Orange Slices & String Cheese

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast 8:15 - 8:45	Whole Grain Low Sugar Cereal with Banana & Milk	Smoothie with plain Yogurt & frozen Strawberries	English Muffin with Seed Butter and Jam & Milk	Whole Wheat Toast with Seed Butter & Orange & Milk	Whole Grain Low Sugar Cereal with Cranberries & Milk
Non-Vegetarian Lunch 11:45 - 12:30	Pasta with Turkey meatballs, Butternut Squash & Milk	Grilled Cheese Sandwich, Tomato Soup, Corn & Milk	Vegetarian Pizza, Grain & Bean Salad & Milk	Rice Pilaf with Gorbanzo Peas and Vegetables & Milk	Quesidilla with Chicken, Cheese, Vegetables & Milk
Vegetarian Lunch 11:45 - 12:30	Pasta with Tofu, Butternut Squash & Milk	Grilled Cheese Sandwich, Tomato Soup, Corn & Milk	Vegetarian Pizza, Grain & Bean Salad & Milk	Rice Pilaf with Gorbanzo Peas and Vegetables & Milk	Quesidilla with Beans, Cheese, Vegetables & Milk
Afternoon Snack 15:00 - 15:30	English Muffin with Seed Butter and Jam & Milk	Orange Slices with String Cheese & Milk	Whole Wheat Toast with Seed Butter & Jam & Milk	Multi-Grain Crackers with Banana & Milk	Low Sugar Whole Grain Cookie & Milk
Evening Snack 17:00 - 17:15	Whole Grain Crackers with Cream Cheese	Wheat Thins with Cheddar Cheese	Hummus with Multi-Grain Crackers	Celery & Carrots with Ranch Dressing	Apple with Multi-Grain Crackers