

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30 -- 8:00	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk
Morning Snack 9:00 - 9:30	Oatmeal with Fresh Fruit	Pancakes with Fresh Fruit	Yogurt & Fruit Smoothie	English Muffin with Seed Butter & Jam	Whole Wheat Bagel with Cream Cheese
Non-Vegetarian Lunch 11:30 -- 12:00 (Toddlers) 12:00 -- 12:30 (Primary)	Noodles with Salmon & Vegetable Coconut Curry & Milk	Tacos with Ground Turkey, Vegetables, & Milk	Chicken Burger in a Roll with Vegetables & Milk	Vegetable Fried Rice with Beans & Milk	Pizza with Olives & Bell Peppers, Salad, & Milk
Vegetarian Lunch 11:30 -- 12:00 (Toddlers) 12:00 -- 12:30 (Primary)	Noodles with Tofu & Vegetable Coconut Curry & Milk	Tacos with Beans, Vegetables, & Milk	Soy Burger in a Roll with Vegetables & Milk	Vegetable Fried Rice with Beans & Milk	Pizza with Olives & Bell Peppers, Salad, & Milk
Afternoon Snack 15:00 -- 15:30	Banana Bread & Milk	Celery & Carrots with Ranch Dressing & Milk	String Cheese, Apple Slices & Milk	Crackers with Cucumber & Cheese & Milk	Low Sugar Whole Grain Cookie & Milk

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30 -- 8:00	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk
Morning Snack 9:00 - 9:30	Quinoa with Fresh Fruit	Waffles with Fresh Fruit	Whole Wheat Bagel with Cream Cheese	English Muffin with Seed Butter & Jam	Yogurt & Fruit Smoothie
Non-Vegetarian Lunch 11:30 -- 12:00 (Toddlers) 12:00 -- 12:30 (Primary)	Rice with Lentils & Vegetables & Milk	Burritos with Ground Turkey & Vegetables & Milk	Chicken & Vegetables served with Pasta & Milk	Salmon Burger in a Roll with Vegetables & Milk	Grilled Cheese Sandwich, Tomato Soup, Corn & Milk
Vegetarian Lunch 11:30 -- 12:00 (Toddlers) 12:00 -- 12:30 (Primary)	Rice with Lentils & Vegetables & Milk	Burritos with Beans & Vegetables & Milk	Tofu & Vegetables served with Pasta & Milk	Soy Burger in a Roll with Vegetables & Milk	Grilled Cheese Sandwich, Tomato Soup, Corn & Milk
Afternoon Snack 15:00 - 15:30	Banana Bread & Milk	Whole Wheat Toast with Seed Butter & Jam & Milk	Orange Slices with String Cheese & Milk	Multi-Grain Crackers with Hummus & Milk	Low Sugar Whole Grain Cookie & Milk

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30 -- 8:00	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk	Whole Grain Low Sugar Cereal with Milk
Morning Snack 9:00 - 9:30	Cream of Wheat with Fruit	French Toast with Fresh Fruit	Whole Wheat Bagel with Cream Cheese	English Muffin with Seed Butter & Jam	Yogurt & Fruit Smoothie
Non-Vegetarian Lunch 11:30 -- 12:00 (Toddlers) 12:00 -- 12:30 (Primary)	Gorbanzo Peas with Vegetable Rice Pilaf	Quesidilla with Beans, Vegetables, & Milk	Pasta with Salmon and Vegetables & Milk	Vegetable Fried Rice with Chicken & Milk	Turkey Chili, Rolls, Salad, & Milk
Vegetarian Lunch 11:30 -- 12:00 (Toddlers) 12:00 -- 12:30 (Primary)	Gorbanzo Peas with Vegetable Rice Pilaf	Quesidilla with Beans, Vegetables, & Milk	Pasta with Vegetables, Soy Burger & Milk	Vegetable Fried Rice with Tofu & Milk	Lentils, Rolls, Salad, & Milk
Afternoon Snack 15:00 - 15:30	Banana Bread with Milk	Fresh Fruit with String Cheese & Milk	Carrots & Cucumber with Milk	Multi-Grain Crackers with Avocado & Milk	Low Sugar Whole Grain Cookie & Milk