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Morning Snack: Afternoon Tea: Supper: **Early Morning: Breakfast:** Lunch: 11:00-12:30 6:30-6:45 7:15-7:45 9:30-9:45 4:00-4:15 5:00 WEEK 1 Salade: Tossed Green Honey Vanilla Salad, Wheat Toast with M Hot Oat Bran Cereal with Apple Slices and Chamomile Herbal Tea. Butter Entrée: Chicken Cantaloupe Slices, with Sunflower Butter and Homemade Chicken Brown Sugar and Butter. Tacos, Lettuce, Tomato Orange Juice with Water Grapes, Vanilla Greek Grapes and Fromage and Cheese with Spanish Grape Jelly Finger Noodle Soup, Roll, Milk Rice and Charro Beans Yogurt, Milk Frais Sandwiches, Fruit Trail Dessert: Apples, and Kiwi Mix, Apple Slices with Swiss Cubes Salade: Greek Salad. T Warm French Bread with Peppermint Herbal Tea, u Scrambled Eggs, Raisin Celery and Carrot Sticks Butter Entrée: Spaghetti Cheese Finger Cheese Quesadillas. Apple Juice with Water Toast with Butter, Apple with Ranch Dip. with Meat Sauce Dessert: Sandwiches, Vanilla Beans, Milk d Cheddar Cheese Cubes Vanilla Greek Yogurt with Slices, Milk Cookie and Apple Slices Apple and Cantaloupe Slices W Salade: Spinach Salad with e Black Cherry Berry Vinaigrette, Cheese and Hot 10 Grain Cereal with d Apple, Cantaloupe, Hard Herbal Tea, Turkey Ham and Provolone Melt. Garlic Toast with Butter Brown Sugar and Butter Vegetable Juice with Cooked Egg Slices, and Finger Sandwiches, Carrot and Celery Sticks, Entrée: BBQ Chicken Banana Slices, Vanilla Water Legumes: Corn and Crackers Popcorn, and Milk Greek Yogurt, Milk d Mashed Potatoes Dessert: Cantaloupe Slices Banana Pudding Parfait y T Salade: Field Greens Salad Cinnamon Apple Spices Scrambled Eggs with h with Balsamic Vinaigrette, Carrot Sticks and Sliced Herbal Tea, Egg Salad u Tomatoes, Cheese, Tomato Vegetable and Garlic and Herb French Bread Pomegranate Juice with Cucumbers with Noodle Soup, Toast and Spinach and Turkey. with Butter Entrée: Chili and Finger Sandwiches. Water Hummus, Pita Bread and rice with cheese Dessert: Granola Clusters, and Toast with Butter. Milk d Cheddar Cheese Cubes Strawberry and Kiwi Parfait Apple Slices Grapes, Kefir/ Milk with Vanilla Greek Yogurt y Salade: Mixed Greens Salad Honey Vanilla F with Ranch Dressing, Warm Yogurt Whole Grain Cantaloupe, Orange, and Chamomile Herbal Tea, Rye Bread with Butter Entrée: Apple Slices with Vanilla Grapefruit Juice with Pancakes with Syrup, Cheese Finger Turkey Dog with Carrots, Spinach and Cheese Lasagna Greek Yogurt, Whole d Cantaloupe, Sausage, Sandwiches, Pineapple Milk Water with Sauteed Vegetables Milk Wheat Crackers Cubes and a Vanilla Dessert: Mini Fruit pies with a

Cookie

Vanilla Pudding Filling

Breakfast:

Early Morning:

9:30-9:45 6:30-6:45 7:15-7:45 11:00-12:30 4:00-4:15 5:00 WEEK 2 Honey Vanilla M Salade: Tossed Green Salad. Chamomile Herbal Tea. Hot Oat Bran Cereal with Sliced Apples. 0 Wheat Toast with Butter Sunflower Butter and Beef and Cheese Tacos. Brown Sugar and Butter. Cantaloupe Slices, and n Orange Juice with Water Entrée: Shepherd's Pie Grapes with Fromage d Cantaloupe, Vanilla Grape Jelly Finger Beans, Milk Dessert: Apples, and Orange a Greek Yogurt, Milk Sandwiches, Fruit Trail Frais Slices with Swiss Cubes y Mix, Apple Slices T Salade: Greek Salad, Warm u Peppermint Herbal Tea, French Bread with Butter Scrambled Eggs, Raisin Celery and Carrot Sticks Homemade Chicken e Crackers with Cheese Entrée: Chicken Tenders with with Ranch Dip, Cheese Noodle Soup, Roll and Apple Juice with Water Toast with Butter, Kiwi, S Corn and Diced Potatoes and Turkey and Orange d Milk Cubes. Pita Bread Milk Dessert: Vanilla Greek Yogurt Slices a with Cantaloupe Slices y W e Black Cherry Berry d Salade: Spinach Salad with Hot 10 Grain Cereal with Apples, Bananas, and Herbal Tea, Ham and Ham and Swiss Melt. n Vinaigrette, Cornbread with Brown Sugar and Butter, Vegetable Juice with Oranges, Vanilla Greek Swiss Finger Carrot and Celery Sticks, e Butter Entrée: Beef Stew Banana Slices . Vanilla Water Dessert: Vanilla Pudding S **Yogurt** Sandwiches, Popcorn, Milk Greek Yogurt, Milk Parfait with Banana Slices d and Cantaloupe Slices a y T Carrot Sticks and Sliced h Salade: Field Greens Salad Cinnamon Apple Spices Cucumbers with u with Balsamic Vinaigrette with Herbal Tea, Egg Salad Boiled Eggs with Toast, Pomegranate Juice with Cheddar Broccoli Soup. Hummus, Pita Bread. Butter Entrée: Black Bean and r Cheddar Cubes and Finger Sandwiches, Hard Cooked Egg Slices S Water Cheese Quesadillas with and Milk Granola Clusters, and Grapes d Spanish Rice Dessert: Apple and Cheddar Cheese Apple Slices Tart with Vanilla Custard a Cubes y Honey Vanilla F Salade: Mixed Greens Salad Yogurt Whole Grain Cantaloupe, Oranges, Chamomile Herbal Tea. r Grilled Cheese, Apple with Ranch Dressing Entrée: Grapefruit Juice with Waffles with Syrup, and Sliced Apples with Cheese Finger Chicken pasta alfredo Sauce, and Carrot Apple Slices, Sausage, Vanilla Greek Yogurt, d Water Sandwiches, Apple Dessert: Mini Fruit pies with Sticks, Milk a Whole Wheat Crackers Milk Slices and a Vanilla Vanilla Pudding Filling y Cookie

Morning Snack:

Afternoon Tea:

Supper:

Lunch:

Early Morning: 6:30-6:45

Breakfast: 7:15-7:45

Morning Snack: 9:30-9:45

Lunch: 11:00-12:30

Afternoon Tea: 4:00-4:15

Supper: 5:00

WEEK 3	3					
M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Cantaloupe, Vanilla Greek Yogurt, Milk	Diced Pineapples, Cantaloupe Slices, and Apple Slices with Fromage Frais	Salade: Tossed Green Salad, Wheat Toast with Butter Entrée: Lemon Pepper Chicken with Quinua and Sauteed Vegetables Dessert: Strawberry and Kiwi Slices with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Homemade Chicken Tortilla Soup, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Kiwi, Milk	Cucumber Slices, Celery and Carrot Sticks with Hummus, Pita Bread	Salade: Greek Salad, Warm French Bread with Butter Entrée: Beef Tacos with Charro Beans and Spanish Rice Dessert: Vanilla Greek Yogurt with Apple and Cantaloupe Slices	Peppermint Herbal Tea, Grilled Cheese Sandwiches, Vanilla Cookie and Orange Slices	Roasted Chicken and Provolone Melt, Cucumber Slices and Spinach, Milk
e d n e s d a	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Banana Slices , Vanilla Greek Yogurt, Milk	Apple, Cantaloupe Slices, Cheddar Cheese Cubes, Hard Cooked Eggs and Whole Wheat Crackers	Salade: Spinach Salad with Vinaigrette, Garlic Toast with Butter Entrée: Chili and rice with cheese Dessert: Vanilla Pudding Parfait with Banana Slices	Black Cherry Berry Herbal Tea, Turkey and Swiss Finger Sandwiches, Popcorn, and Cantaloupe Slices	Ham and Cheese Quesadillas, Apple Slices, and Milk
h u r s d a	Pomegranate Juice with Water	Hard Cooked Eggs with Toast, Cheddar Cubes and Apple Slices	Carrot Sticks and Sliced Cucumbers with Ranch Dip, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, Garlic and Herb French Bread with Butter Entrée: Hunan Chicken with Sauteed Vegetables Dessert: Tapioca	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Orange Slices	Homemade Vegetable soup and Milk
F r i d a y	Grapefruit Juice with Water	Yogurt Whole Grain Pancakes with Syrup, Cantaloupe, Bacon, Milk	Cantaloupe, Orange and Apple Slice with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing, Warm Rye Bread with Butter Entrée: Spinach, Mushroom and Cheese Lasagna with Sautéed Vegetables Dessert: Mini Fruit pies with a Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Cheese Finger Sandwiches, Pineapple Cubes and a Vanilla Cookie	Sunflower Butter Sandwich, Carrots and Celery Sticks, Milk

Breakfast:

Early Morning:

	6:30-6:45	7:15-7:45	9:30-9:45	11:00-12:30	4:00-4:15	5:00
WEEK 4	4					
M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Cantaloupe Slices, Vanilla Greek Yogurt, Milk	Diced Pineapples, Cantaloupe and Orange Slices with Fromage Frais	Salade: Tossed Green Salad, Wheat Toast with Butter Entrée: Sauteed Chicken, with Roasted Potatoes and Vegetables Dessert: Strawberry and Kiwi Slices with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Chicken Salad Sandwich, Celery Sticks, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Kiwi, Milk	Cucumber Slices and Carrot Sticks with Ranch Dip, Cheddar Cheese Cubes, Pita Bread	Salade: Greek Salad, Warm French Bread with Butter Entrée: Sauteed beef with broccoli and carrots over quinoa Dessert: Vanilla Greek Yogurt with Apple and Cantaloupe Slices	Peppermint Herbal Tea, Cheese Finger Sandwiches, Vanilla Cookie and Apple Slices	Turkey Dogs, Celery Sticks, Milk
W e d n e s d y	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Grapes , Vanilla Greek Yogurt, Milk	Apple, Cantaloupe, and Pineapple Slices , Vanilla Greek Yogurt and Whole Wheat Crackers		Black Cherry Berry Herbal Tea, Turkey Wraps, Popcorn, and Cantaloupe Slices	Ham and Swiss Melt, Cucumber Slices, Milk
T h u r s d a y	Pomegranate Juice with Water	Hard Boiled Egg, Served with Toast, Cheddar Cubes and Apple Slices	Carrot Sticks and Sliced Cucumbers with Roasted Garlic Hummus, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, Garlic and Herb French Bread with Butter Entrée: Spaghetti with Meat Sauce Dessert: Tapioca	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Chicken Noodle Soup with Carrots and Tomatoes, Served with a Roll and Milk
F r i d a y	Grapefruit Juice with Water	Whole Wheat Waffles with Syrup, Cantaloupe, Sausage, Milk	Cantaloupe Cubes, Orange and Apple Slices with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing Entrée: Veggie Burgers with Roasted Potatoes Dessert: Mini Fruit pies with Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Crackers with Cheese, Pineapple Cubes and a Vanilla Cookie	Grilled Cheese Sandwich, Carrots and Celery Sticks, Milk

Morning Snack:

Lunch:

Afternoon Tea:

Supper:

Early Morning: 6:30-6:45

Breakfast: 7:15-7:45

Morning Snack: 9:30-9:45

Lunch: 11:00-12:30

Afternoon Tea: 4:00-4:15

Supper: 5:00

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WEEK!	5					
M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Apple Slices, Vanilla Greek Yogurt, Milk	Orange and Apple Slices, Pineapple with Fromage Frais	Salade: Tossed Green Salad, French Bread, Butter Entrée: Chicken Pot Pie Dessert: Apples with Brie	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix and Apple Slices	Homemade Vegetable Soup and Milk
T u e s d a y	Apple Juice with Water	Soft Boiled Egg, Raisin Toast with Butter, Grapes, Milk	Cucumber Slices and Carrot Sticks with Ranch, Cheddar Cheese Cubes	Salade: Greek Salad, French Bread with Butter Entrée: Roast with Vegetables and Potatoes Dessert: Vanilla Greek Yogurt with Sliced Apples and Cheddar Cheese Cubes	Pepperment Herbal Tea, Turkey Finger Sandwiches, Vanilla Cookie and Cantaloupe	Beef Tacos with Beans, Milk
W e d n e s d	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Apple Slices, Vanilla Greek Yogurt, Milk	Apple, Banana and Orange Slices , Vanilla Greek Yogurt and Whole Wheat Crackers	Salade: Spinach Salad with Vinegrette, French Bread with Butter Entrée: Chicken with Bowtie Pasta, Spinach, Tomatoes, Broccoli and Zucchini Dessert: Banana Pudding Parfait	Black Cherry Berry Herbal Tea, Chicken Salad Finger Sandwiches, and a Oatmeal Raisin Cookie	Chicken Salad Sandwich, Grapes, Milk
T h u r s d a y	Pomegranate Juice with Water	Omelet, Toast with Butter, Grapes, Kefir/ Milk	Celery Sticks and Sliced Cucumbers with Hummus, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinegrette, French Bread with Butter Entrée:	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Chicken Tortilla Soup, and Milk
Frida a	Grapefruit Juice with Water	Yogurt Pancakes with Syrup, Turkey Sausage, Banana Slices, Milk	Pineapple, Cantaloupe, and Sliced Apples with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing, French Bread with Butter Entrée: Black Bean and Cheese Enchiladas Dessert: Cantaloupe, Pineapple and Cheddar Cheese Cubes	Honey Vanilla Chamomile Herbal Tea, Cheese Crackers, and a Vanilla Cookie, and Apple Slices	Sunflower Butter Sandwich, Banana Slices, Milk