

WEEK 1

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Chicken Tenders (1WG & 2 M/MA)</p> <p>Yogurt Parfait (2 M/MA & ½ cup Fruit)</p> <p>Pretzel (1 WG)</p> <p>Sweet Potato Fries (1/2 cup)</p> <p>Roasted Green Beans (1/2 cup)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p> <p>1 WG Day</p>	<p>WW Pasta (1 cup) with Meatsauce (2M/MA & ¼ cup Veg.)</p> <p>Sun Butter & Jelly Sandwich with Cheese Stick (2 WG & 2 M/MA)</p> <p>Kale & Romaine Salad* (1/2 cup Veg.)</p> <p>Tomato and Basil Salad (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p> <p>*Assorted greens can be substituted</p>	<p>Beef Tacos on WW Soft Tortilla (2 WG & 2 M/MA)</p> <p>Turkey Sandwich on WW Bread (2 WG & 2 M/MA)</p> <p>Salsa, Lettuce and Tomato (1/4 cup Veg.)</p> <p>Fiesta Corn & Black Bean Salad (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Grilled Cheese Sandwich on WW Bread (2 WG & 1 M/MA)</p> <p>Chicken Caesar Wrap (2 WG, 2 M/MA & ½ cup Veg.)</p> <p>Roasted Potato Wedges (1/2 cup Veg.)</p> <p>Carrot and Red Peppers w/Hummus (3/4 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Pizza with WW Crust (2 WG, 2 M/MA, & 1/8 cup Veg.)</p> <p>Chef Salad with WW Pita (1 WG, 2 M/MA, 1 cup Veg.)</p> <p>Farmer’s Garden Salad with Assorted Salad Dressing (7/8 cup Veg.)</p> <p>Farm Fresh Veggie Sticks with Ranch Dressing (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>

WEEK 2

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Brunch for Lunch Pancakes & Ham – (2 WG & 2 M/MA) with Syrup</p> <p>Turkey Sandwich on WW Pita Bread with Pretzels (2 WG & 2 M/MA)</p> <p>Roasted Red Potatoes Or Harvest Home Fries (1/2 cup Veg.)</p> <p>Roasted Tomatoes (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Hamburger (2 M/MA) On WW Bun (2 WG) with Lettuce & Tomato (1/4 cup Veg.)</p> <p>Sun Butter & Jelly Sandwich with Yogurt (2 WG & 2 M/MA)</p> <p>Vegetarian Baked Beans (1/2 cup Veg.)</p> <p>Farm Fresh Veggie Sticks with Ranch Dressing (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Macaroni and Cheese (2 WG & 1 M/MA)</p> <p>Ham & Cheese Sandwich on Goldfish Bread (1.5 WG & 2 M/MA)</p> <p>Steamed Broccoli (1/2 cup Veg.)</p> <p>Roasted Carrot Fries (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Chicken Fajita (1 WG, 2 M/MA & ¼ cup Veg.)</p> <p>Caesar Salad with WW Pita Bread and Cheese Stick (1 WG & 1.25 M/MA)</p> <p>Mexicali Corn (1/2 cup Veg.)</p> <p>Shredded Romaine & Salsa (1/4 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p> <p>1 WG Day</p>	<p>Pizza Sticks (2 WG & 2 M/MA)</p> <p>Chicken Salad Sandwich (2 WG & 2 M/MA)</p> <p>Carrot Coins & Cucumber Wheels with Ranch Dressing (1/2 cup Veg.)</p> <p>Farmer’s Garden Salad with Assorted Salad Dressing (7/8 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>

WEEK 3

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Hot Dog on WW Bun (2 WG & 2 M/MA)</p> <p>Turkey Sandwich on WW Roll (2 WG & 2 M/MA)</p> <p>Potato Wedges (1/2 cup Veg.)</p> <p>Caesar Side Salad (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Chicken Tenders (2 WG & 2 M/MA)</p> <p>Sun Butter & Jelly Sandwich with Cheese Stick (2 WG & 2 M/MA)</p> <p>Three Bean Salad (1/2 cup Veg.)</p> <p>Cinnamon Roasted Sweet Potatoes (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Roast Turkey with Brown Rice (1 WG & 2 M/MA)</p> <p>Tortilla Chips with Hummus (1 WG & 1 M/MA)</p> <p>Sautéed Greens (1/2 cup Veg.)</p> <p>Sweet Potato Fries (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p> <p>1 WG Day</p>	<p>Fish Tacos (2 WG & 2 M/MA) with Lettuce & Tomato (1/4 cup Veg.) and Mango Salsa (1/8 cup Veg., 1/8 cup Fruit)</p> <p>Chicken Caesar Wrap (2 WG & 2 M/MA)</p> <p>Chipotle Corn (1/2 cup Veg.)</p> <p>Cole Slaw (1/4 cup Veg.) OR Broccoli Slaw (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Flatbread Pizza (2 WG & 2 M/MA)</p> <p>Egg Salad Sandwich (2 WG & 2 M/MA)</p> <p>Celery Sticks & Hummus (1/2 cup Veg.)</p> <p>Mediterranean Salad with Assorted Salad Dressings (1 1/8 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>

WEEK 4

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Mozzarella Sticks with Marinara Sauce (1WG & 2 M/MA)</p> <p>Garden Salad with Turkey & WW Dinner Roll (1 WG & 2 M/MA, 1 ¼ cup veg – 1 cup Lettuce, 1/8 pepper, 1/8 tomato)</p> <p>Mixed Italian Vegetables (1/2 cup Veg.)</p> <p>Caesar Side Salad (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p> <p>1 WG Day</p>	<p>Chicken Filet Sandwich (2 WG & 2 M/MA)</p> <p>Sun Butter & Jelly Sandwich with Yogurt (2 WG & 2 M/MA)</p> <p>Lettuce, Tomato, Pickle (1/2 cup Veg.)</p> <p>Lemon Zest Broccoli (1/2 cup Veg.)</p> <p>Sweet Potato Salad (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Meatball Marinara Sub (2 WG, 2 M/MA, 1/8 cup Veg.)</p> <p>Turkey Sandwich on WW Roll (2 WG & 2 M/MA)</p> <p>Roasted Potato Puffs (1/2 cup Veg.)</p> <p>Tasty Green Bean Toss (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Chicken, Turkey or Beef Burrito (2WG & 2 M/MA) with Lettuce & Tomato (1/4 cup Veg.) and Salsa (1/8 cup Veg.)</p> <p>Chicken Teriyaki Salad with WW Breadstick (1 WG & 2 M/MA, 1 1/8 cup Veg., ¼ cup Fruit)</p> <p>Chickpea Salad (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Focaccia Pizza (2 WG & 2 M/MA)</p> <p>WW Bagel with Yogurt & Cheese (2 WG & 2 M/MA)</p> <p>Carrot Coins & Cucumber Wheels with Ranch Dressing (1/2 cup Veg.)</p> <p>Romaine & Spinach Salad with Assorted Salad Dressings (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>