

WEEK 1:

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Buffalo Chicken Tenders with WW Roll</p> <p>Roasted Green Beans</p> <p>Roasted Potato Wedges</p> <p>Veggie Cruncher</p> <p>Bagel Lunch with Cheese & Fruit</p> <p>Mediterranean Wrap</p> <p>Mouthwatering Fruit Salad with Cheese, Yogurt & Granola</p> <p>WG Cheese & Pepperoni Calzone</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>WW Pasta with Meatsauce or Chicken Alfredo Sauce</p> <p>Steamed Broccoli</p> <p>Kale & Romaine Salad with Assorted Salad Dressing</p> <p>Greek Yogurt Parfait</p> <p>Chicken Caesar Wrap</p> <p>Asian Chicken Salad</p> <p>Foccacia Sandwich with Chicken & Mozzarella</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Nachos with Meat & Cheese</p> <p>Lettuce, Tomato & Salsa</p> <p>Fiesta Corn & Black Bean Salad</p> <p>Pita Chips, Hummus, & Tabloulah</p> <p>Buffalo Chicken Wrap</p> <p>Spinach Salad Meal with Croutons & Breadstick</p> <p>Cuban Panini</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Chicken Stir Fry with Noodles</p> <p>Sugar Snap Peas</p> <p>Hummus</p> <p>Carrot & Red Pepper Strips</p> <p>Caprese Sandwich</p> <p>Roast Beef Wrap</p> <p>Southwestern Salad</p> <p>Fish Sandwich</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Baked Fish w/Lemon</p> <p>Brown Rice Pilaf Roll</p> <p>Cole slaw</p> <p>Veggie Cruncher</p> <p>Pudding</p> <p>Chicken Salad on WW Pita</p> <p>Apple, Ham & Spinach Wrap</p> <p>Chicken Caesar Salad with WW Pita</p> <p>Southwest Buffalo Chicken Wrap</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>

WEEK 2:

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Teriyaki Chicken with Brown Rice</p> <p>Harvest Home Fries or Roasted Red Potatoes</p> <p>Roasted Tomatoes</p> <p>Bagel Lunch with Cheese & Fruit</p> <p>Mediterranean Wrap</p> <p>Mouthwatering Fruit Salad with Cheese, Yogurt & Granola</p> <p>WG Cheese & Pepperoni Calzone</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Hamburger or Cheeseburger</p> <p>Lettuce & Tomato</p> <p>Vegetarian Baked Beans</p> <p>Carrot & Celery Sticks with Dip</p> <p>Greek Yogurt Parfait</p> <p>Chicken Caesar Wrap</p> <p>Asian Chicken Salad</p> <p>Focaccia Sandwich with Chicken & Mozzarella</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Meat Lasagna</p> <p>Steamed Broccoli</p> <p>Roasted Carrot Fries</p> <p>Pita Chips, Hummus & Tabloulah</p> <p>Buffalo Chicken Wrap</p> <p>Spinach Salad Meal</p> <p>Cuban Panini</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Chicken Fajita with Brown Rice</p> <p>Onions & Peppers</p> <p>Shredded Romaine & Salsa</p> <p>Sour Cream</p> <p>Black Bean & Corn Salad</p> <p>Caprese Sandwich</p> <p>Roast Beef Wrap</p> <p>Southwestern Salad</p> <p>Fish Sandwich</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Steak & Cheese Sub</p> <p>Carrot and Cucumber Chips with Ranch Dressing</p> <p>Spinach Salad</p> <p>Pudding</p> <p>Chicken Salad on WW Pita</p> <p>Apple, Ham & Spinach Wrap</p> <p>Chicken Caesar Salad with WW Pita</p> <p>Southwest Buffalo Chicken Wrap</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</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>
Chicken Parm with WW Pasta	Beef or Chicken Burrito	Open Face Thanksgiving Sandwich	Fish Tacos with Lettuce & Tomato and Mango Salsa	Garlic Chicken & WW Pasta
Caesar Side Salad	Three Bean Salad	Sautéed Greens	Chipotle Corn	Assorted Veggie Sticks with Hummus
Peas	Cinnamon Roasted Sweet Potatoes	Honey Glazed Carrots	Broccoli Slaw	Tossed Salad with Assorted Dressing
Bagel Lunch with Cheese & Fruit	Greek Yogurt Parfait	Pita Chips, Hummus & Tabloulah	Caprese Sandwich	Pudding
Mediterranean Wrap	Chicken Caesar Wrap	Buffalo Chicken Wrap	Roast Beef Wrap	Chicken Salad on WW Pita
Mouthwatering Fruit Salad with Cheese, Yogurt & Granola	Asian Chicken Salad	Spinach Salad Meal	Southwestern Salad	Apple, Ham & Spinach Wrap
WG Cheese & Pepperoni Calzone	Foccacia Sandwich with Chicken & Mozzarella	Cuban Panini	Fish Sandwich	Chicken Caesar Salad with WW Pita
WG Cheese Pizza	WG Cheese Pizza	WG Cheese Pizza	WG Cheese Pizza	Southwest Buffalo Chicken Wrap
Carrot & Cucumber Sticks	Carrot & Cucumber Sticks	Carrot & Cucumber Sticks	Carrot & Cucumber Sticks	Carrot & Cucumber Sticks
Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk	Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk	Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk	Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk	Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk

WEEK 4:

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Chili Con Carne with Corn Bread & Beans</p> <p>Carrot & Red Pepper Sticks with Hummus</p> <p>Bagel Lunch with Cheese & Fruit</p> <p>Mediterranean Wrap</p> <p>Mouthwatering Fruit Salad with Cheese, Yogurt and Granola</p> <p>WG Cheese & Pepperoni Calzone</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Blazing Hot Grilled Chicken Supreme Sandwich with Lettuce & Tomato</p> <p>Lemon Zest Broccoli</p> <p>Roasted Cauliflower</p> <p>Greek Yogurt Parfait</p> <p>Chicken Caesar Wrap</p> <p>Asian Chicken Salad</p> <p>Foccacia Sandwich with Chicken & Mozzarella</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Meatball Marinara Sub</p> <p>Roasted Potato Puffs</p> <p>Tasty Green Bean Toss</p> <p>Pita Chips, Hummus & Tabloulah</p> <p>Buffalo Chicken Wrap</p> <p>Spinach Salad Meal</p> <p>Cuban Panini</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Pulled Pork with Black Beans & Salsa</p> <p>Brown Rice</p> <p>Roasted Butternut Squash</p> <p>Apple & Cabbage Slaw</p> <p>Caprese Sandwich</p> <p>Roast Beef Wrap</p> <p>Southwestern Salad</p> <p>Fish Sandwich</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Italian Herbed Chicken</p> <p>Roasted Chickpeas</p> <p>Tossed Salad with Assorted Dressing</p> <p>Pudding</p> <p>Chicken Salad on WW Pita</p> <p>Apple, Ham & Spinach Wrap</p> <p>Chicken Caesar Salad with WW Pita</p> <p>Southwest Buffalo Chicken Wrap</p> <p>WG Cheese Pizza</p> <p>Carrot & Cucumber Sticks</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>