

WEEK 1

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p><b>Buffalo Chicken Tenders</b> (1 WG &amp; 2 M/MA)</p> <p>WW Roll (1WG)</p> <p><b>Mouthwatering Fruit Salad (Assorted Fresh &amp; Canned Fruit with Cheese, Yogurt and Granola)</b> (1/2 cup Fruit, 2 WG, 2 M/MA)</p> <p>Roasted Green Beans (1/2 cup Veg.)</p> <p>Roasted Potato Wedges (3/4 cup Veg.)</p> <p>Veggie Cruncher (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>WW Pasta (2 WG) with Meatsauce</b> (2 M/MA, ¼ cup Veg.) or <b>Chicken Alfredo Sauce</b> (2 M/MA)</p> <p><b>Buffalo Chicken Wrap</b> (2 WG &amp; 2 M/MA) with <b>Ranch Dressing</b></p> <p>Roasted Broccoli (1/2 cup Veg.)</p> <p>Tomato &amp; Basil Salad (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Nachos with Meat and Cheese</b> (2 WG &amp; 2 M/MA)</p> <p>Lettuce, Tomato, Salsa (1/2 cup Veg.)</p> <p><b>Chef Salad with WW Pita Bread</b> (1 WG &amp; 2 M/MA, 1 ¼ cup Veg.)</p> <p>Fiesta Corn &amp; Black Bean Salad (1/2 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Chicken Stir Fry with Noodles</b> (2 WG &amp; 2 M/MA)</p> <p><b>Beef Burrito</b> (2 WG &amp; 2 M/MA)</p> <p>Sugar Snap Peas (1/2 cup Veg.)</p> <p>Hummus (1/4 cup Veg.)</p> <p>Carrot &amp; Red Pepper Strips (1 cup)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Pizza with WW Crust Cheese</b> (2 WG &amp; 2 M/MA) or <b>Roasted Veggie</b> (2 WG &amp; 2 M/MA, ¼ cup Veg.)</p> <p><b>Deli Bar Day</b> (2 WG &amp; 2 M/MA, ¼ cup Veg.)</p> <p>Farmer's Garden Salad with Assorted Salad Dressing (1 1/8 cup Veg.)</p> <p>Corn (3/4 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>

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WEEK 2:

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p><b>Hamburger</b> (2 WG &amp; 2 M/MA) or Cheeseburger (2 WG &amp; 2.5 M/MA)</p> <p>Lettuce, Tomato, Mushrooms, Onion (1/2 cup Veg.)</p> <p><b>Yogurt Parfait</b> (Strawberries, Yogurt and Granola) (2 WG, 2 M/MA, ½ cup Fruit)</p> <p>Vegetarian Baked Beans (1/2 cup Veg.)</p> <p>Celery &amp; Carrot Sticks with Dip (1 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Brunch for Lunch</b> (Pancakes &amp; Ham – 2 WG &amp; 2 M/MA) with Syrup</p> <p><b>Southwest Chicken</b> <b>Wrap</b> (2 WG, 2 M/MA, 1/2 cup Veg.)</p> <p>Roasted Red Potatoes (3/4 cup Veg.)</p> <p>Cinnamon Baked Apples (1/2 cup Fruit)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Macaroni and Cheese</b> with Ham (2 WG &amp; 2 M/MA)</p> <p><b>Asian Chicken Salad</b> with WG Roll (1 WG, 2 M/MA, 1 3/8 cup Veg.)</p> <p>Steamed Broccoli (1/2 cup Veg.)</p> <p>Carrot &amp; Celery Sticks with Dip (1 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Chicken Fajita with</b> <b>Brown Rice</b> (2 WG &amp; 2 M/MA)</p> <p>Onion &amp; Peppers (1/4 cup Veg.)</p> <p>Shredded Romaine &amp; Salsa (1/4 cup Veg.)</p> <p><b>Fancy Focaccia</b> <b>White Pizza</b> (2 WG &amp; 2 M/MA)</p> <p>Black Bean &amp; Corn Salad (3/4 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Pizza Sticks or</b> <b>French Bread Pizza</b> (2 WG &amp; 2 M/MA)</p> <p><b>Deli Bar Day</b> (2 WG &amp; 2 M/MA, ¼ cup Veg.)</p> <p>Carrot Coins &amp; Cucumber Wheels with Dip (1/2 cup Veg.)</p> <p>Spinach Salad with Assorted Salad Dressing (3/4 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>

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WEEK 3:

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<p><b>Chicken Parm with WW Pasta</b> (2 WG &amp; 2 M/MA)</p> <p><b>Cheese, Fruit and Breadstick</b> (2 WG &amp; 2 M/MA, ½ cup Fruit)</p> <p>Caesar Side Salad (¾ cup Veg.)</p> <p>Chick Pea Salad (½ cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Beef or Chicken Burrito</b> (2 WG, 2 M/MA, 1/8 cup Veg.) with Lettuce &amp; Tomato (¼ cup Veg.)</p> <p><b>Chicken Caesar Wrap</b> (2 WG, 2 M/MA, ½ cup Veg.)</p> <p>Black Bean Salad (½ cup Veg.)</p> <p>Cinnamon Roasted Sweet Potatoes (½ cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Open Faced Thanksgiving Sandwich</b> (2 WG &amp; 2 M/MA)</p> <p><b>Chicken Teriyaki Salad with Assorted Dressing and Roll</b> (1 WG, 2 M/MA, 1 1/8 cup Veg., ¼ cup Fruit)</p> <p>Lemon Zest Broccoli (½ cup Veg.)</p> <p>Garlic Mashed Potatoes (½ cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Fish Tacos</b> (2 WG &amp; 2 M/MA) with <b>Lettuce &amp; Tomato</b> (¼ cup Veg.) and <b>Mango Salsa</b> (1/8 cup Veg., 1/8 cup Fruit)</p> <p><b>Chicken and Cheese Quesadilla with Salsa</b> (2 WG &amp; 2 M/MA, 1/8 cup Veg.)</p> <p>Chipotle Corn (½ cup Veg.)</p> <p>Cole Slaw (½ cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Fancy Focaccia White Pizza</b> (2 WG &amp; 2 M/MA)</p> <p><b>Deli Bar Day</b> (2 WG &amp; 2 M/MA, ¼ cup Veg.)</p> <p>Assorted Veggie Sticks (½ cup Veg.)</p> <p>Hummus (1/8 cup Veg.)</p> <p>Mediterranean Blend Salad with Assorted Dressing (½ 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><b>Hearty Chili with Chicken or Beef</b> (2 M/MA, ¾ cup Veg.)</p> <p>WW Dinner Roll (1 WG)</p> <p><b>Bagel Lunch with Yogurt &amp; Cheese, Vegetable Sticks and Dip</b> (2 WG &amp; 2 M/MA, ¾ cup Veg.)</p> <p>Southwestern Salad with Assorted Dressing (½ cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Chicken Supreme Sandwich with Lettuce &amp; Tomato</b> (2 WG, 2 M/MA, ¼ cup Veg.)</p> <p><b>Turkey &amp; Cheese Wrap with Lettuce &amp; Tomato</b> (2 WG, 2 M/MA, ¼ cup Veg.)</p> <p>Sautéed Spinach (½ cup Veg.)</p> <p>Roasted Carrot Fries (½ cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Meatball Marinara Sub</b> (2 WG, 2 M/MA, 1/8 cup Veg.)</p> <p><b>Salad with Turkey and Croutons and Assorted Dressing</b> (2 WG, 2 M/MA, 1 ¼ cup veg)</p> <p>Roasted Potato Wedges (¾ cup Veg.)</p> <p>Tasty Green Bean Toss (½ cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Pulled Pork with Black Beans and Salsa</b> (2 WG, 2 M/MA, 3/8 cup Veg.)</p> <p>Cornbread (2 WG)</p> <p><b>Steak and Cheese Flatbread</b> (2 WG &amp; 2 M/MA)</p> <p>Colorful Marinated Vegetables (½ cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p><b>Pizza with WW Crust Cheese</b> (2 WG &amp; 2 M/MA) or <b>Roasted Veggie</b> (2 WG &amp; 2 M/MA, ¼ cup Veg.)</p> <p><b>Deli Bar Day</b> (2 WG &amp; 2 M/MA, ¼ cup Veg.)</p> <p>Roasted Chickpeas (½ cup Veg.)</p> <p>Spinach Salad (1 1/8 cup Veg.)</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>

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