

WEEK 1

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Buffalo Chicken Tenders</p> <p>WW Roll</p> <p>Mouthwatering Fruit Salad (Assorted Fresh & Canned Fruit with Cheese, Yogurt and Granola)</p> <p>Roasted Green Beans</p> <p>Roasted Potato Wedges</p> <p>Veggie Cruncher</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>WW Pasta with Meatsauce or Chicken Alfredo Sauce</p> <p>Buffalo Chicken Wrap with Ranch Dressing</p> <p>Roasted Broccoli</p> <p>Tomato & Basil Salad</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Nachos with Meat and Cheese</p> <p>Lettuce, Tomato & Salsa</p> <p>Chef Salad with WW Pita Bread</p> <p>Fiesta Corn & Black Bean Salad</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Chicken Stir Fry with Noodles</p> <p>Beef Burrito</p> <p>Sugar Snap Peas</p> <p>Hummus</p> <p>Carrot & Red Pepper Strips</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>WG Cheese Pizza or Roasted Veggie Pizza</p> <p>Deli Bar Day</p> <p>Farmer's Garden Salad with Assorted Salad Dressing</p> <p>Corn</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>Hamburger or Cheeseburger</p> <p>Lettuce, Tomato, Mushrooms & Onion</p> <p>Yogurt Parfait (Strawberries, Yogurt and Granola)</p> <p>Vegetarian Baked Beans</p> <p>Celery & Carrot Sticks with Dip</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Brunch for Lunch with Syrup</p> <p>Southwest Chicken Wrap</p> <p>Roasted Red Potatoes</p> <p>Cinnamon Baked Apples</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Macaroni and Cheese with Ham</p> <p>Asian Chicken Salad with WG Roll</p> <p>Steamed Broccoli</p> <p>Carrot & Celery Sticks with Dip</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Chicken Fajita with Brown Rice</p> <p>Onion & Peppers</p> <p>Shredded Romaine & Salsa</p> <p>Fancy Focaccia White Pizza</p> <p>Black Bean & Corn Salad</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Pizza Sticks or French Bread Pizza</p> <p>Deli Bar</p> <p>Carrot Coins & Cucumber Wheels with Dip</p> <p>Spinach Salad with Assorted Salad Dressing</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>Chicken Parm with WW Pasta</p> <p>Cheese, Fruit & Breadstick</p> <p>Caesar Side Salad</p> <p>Chick Pea Salad</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Beef or Chicken Burrito</p> <p>Chicken Caesar Wrap</p> <p>Black Bean Salad</p> <p>Cinnamon Roasted Sweet Potatoes</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Open Faced Thanksgiving Sandwich</p> <p>Chicken Teriyaki Salad with Assorted Dressing and Roll</p> <p>Lemon Zest Broccoli</p> <p>Garlic Mashed Potatoes</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Fish Tacos</p> <p>with Lettuce, Tomato & and Mango Salsa</p> <p>Chicken & Cheese Quesadilla with Salsa</p> <p>Chipotle Corn</p> <p>Cole Slaw</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Fancy Focaccia White Pizza</p> <p>Deli Bar</p> <p>Assorted Veggie Sticks</p> <p>Hummus</p> <p>Mediterranean Blend Salad with Assorted Dressing</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>Hearty Chili with Chicken or Beef</p> <p>WW Dinner Roll</p> <p>Bagel Lunch with Yogurt & Cheese, Vegetable Sticks and Dip</p> <p>Southwestern Salad with Assorted Dressing</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Blazing Hot Grilled Chicken Supreme Sandwich with Lettuce & Tomato</p> <p>Turkey & Cheese Wrap with Lettuce & Tomato</p> <p>Sautéed Spinach</p> <p>Roasted Carrot Fries</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Meatball Marinara Sub</p> <p>Salad with Turkey & Croutons and Assorted Dressing</p> <p>Roasted Potato Wedges</p> <p>Tasty Green Bean Toss</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>Pulled Pork with Black Beans and Salsa</p> <p>Cornbread</p> <p>Steak & Cheese Flatbread</p> <p>Colorful Marinated Vegetables</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>	<p>WG Cheese Pizza or Roasted Veggie Pizza</p> <p>Deli Bar</p> <p>Roasted Chickpeas</p> <p>Spinach Salad</p> <p>Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk</p>