

WEEK 1

Monday

Morning Snack: Fresh fruit, oatmeal & milk

Lunch: Red beans & rice, green beans, turkey smoked sausage, fresh fruit, vegetarian red beans, & milk

Afternoon Snack: Crackers & whole fruit

Tuesday

Morning Snack: Yogurt, berries & milk

Lunch: Salisbury steak, mashed potatoes, peas, carrots, fresh fruit, vegetarian stir fried vegetables, & milk

Afternoon Snack: Gold fish & fruit cocktail

Wednesday

Morning Snack: Cereal & milk

Lunch: Fried chicken tenders, dirty rice, broccoli, fresh fruit, vegetarian jambalaya, & milk

Afternoon Snack: Fresh fruit, bread, & hummus

Thursday

Morning Snack: Bagel & milk

Lunch: Ravioli, mixed vegetables, fresh fruit, garlic bread, vegetarian spaghetti with marinara, & milk

Afternoon Snack: Celery sticks, carrot sticks, & whole fruit

Friday

Morning Snack: Yogurt with granola & milk

Lunch: Baked catfish fingers, mac & cheese, collard greens, fruit salad, & milk

Afternoon Snack: Cheese sticks & crackers

WEEK 2

Monday

Morning Snack: Scrambled eggs, biscuits & milk

Lunch: White beans & rice, green beans, turkey sausage, fresh fruit, & milk

Afternoon Snack: Bananas & veggie sun chips

Tuesday

Morning Snack: Cereal & milk

Lunch: Pizza, bread sticks, vegetables, fresh fruit, & milk

Afternoon Snack: Cubed cheese & wheat crackers

Wednesday

Morning Snack: Greek yogurt, berries & milk

Lunch: Baked chicken tenders, roasted potatoes, fresh fruit, vegetarian fried rice, & milk

Afternoon snack: Graham crackers & sun butter

Thursday

Morning Snack: Pineapple chunks & milk

Lunch: BBQ pork loin, baked beans, corn, fresh fruit, vegetarian BBQ tofu, & milk

Afternoon Snack: Carrot sticks & orange wedges

Friday

Morning Snack: Whole grain bagel, low fat cream cheese & milk

Lunch: Fried catfish fingers, mac & cheese, green beans, fruit salad, & milk

Afternoon Snack: Apple sauce & multigrain crackers

WEEK 3

Monday

Morning Snack: French toast sticks & milk

Lunch: Red beans & brown rice, cauliflower, smoked turkey sausage, fresh fruit, vegetarian red beans, & milk

Afternoon Snack: Crackers & whole fruit

Tuesday

Morning Snack: Yogurt, berries & milk

Lunch: Whole wheat pasta with meat or vegetarian marinara sauce, salad, whole wheat roll, fresh fruit, & milk

Afternoon Snack: Pita chips & sliced apples

Wednesday

Morning Snack: Cereal & milk

Lunch: Fried chicken tenders, fried rice, broccoli, vegetarian fried rice & vegetables, fresh fruit, & milk

Afternoon Snack: Pita bread & hummus

Thursday

Morning Snack: Banana bread & milk

Lunch: Sliced turkey, mashed potatoes, green beans, fresh fruit, & milk

Afternoon Snack: Cucumbers, carrot sticks, fruit, & milk

Friday

Morning Snack: Yogurt with granola & milk

Lunch: Baked catfish fingers, mac & cheese, spinach, fresh fruit, & milk

Afternoon Snack: Whole grain bagel & low fat cream cheese

WEEK 4

Monday

Morning Snack: Whole wheat pancakes & milk

Lunch: White beans & rice, green beans, smoked turkey sausage, fresh fruit & milk

Afternoon Snack: Bananas, multigrain crackers & milk

Tuesday

Morning Snack: Cereal & milk

Lunch: Beef or vegetable stew, rice, cauliflower, fresh fruit & milk

Afternoon Snack: Cubed cheese & pita chips

Wednesday

Morning Snack: Greek yogurt, berries & milk

Lunch: Baked chicken tenders, quinoa, broccoli, fresh fruit, vegetarian jambalaya & milk

Afternoon Snack: graham crackers & fresh fruit

Thursday

Morning Snack: pineapple chunks, grapes & milk

Lunch: Vegetable egg rolls, chicken stir fried vegetables, fresh fruit, vegetarian fried rice, & milk

Afternoon Snack: Pita bread & apple butter

Friday

Morning Snack: Whole grain bagel with low fat cream cheese & milk

Lunch: Fried catfish fingers, mac & cheese, mixed vegetables, fresh fruit, & milk

Afternoon Snack: Apple sauce