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