WEEK 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** |
| Chicken Tenders (1WG & 2 M/MA)**Yogurt Parfait** **(2 M/MA &** **½ cup Fruit)****Pretzel (1 WG)**Sweet Potato Fries (1/2 cup)Roasted Green Beans (1/2 cup)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk**1 WG Day** | WW Pasta (1 cup) with Meatsauce (2M/MA &¼ cup Veg.) **Sun Butter & Jelly Sandwich with** **Cheese Stick** **(2 WG & 2 M/MA)**Kale & Romaine Salad\* (1/2 cup Veg.)Tomato and Basil Salad (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk\*Assorted greens can be substituted | Beef Tacos on WW Soft Tortilla(2 WG & 2 M/MA) **Turkey Sandwich** **on WW Bread****(2 WG & 2 M/MA)**Salsa, Lettuce and Tomato (1/4 cup Veg.)Fiesta Corn & Black Bean Salad(1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Grilled Cheese Sandwich on** **WW Bread****(2 WG & 1 M/MA)****Chicken Caesar Wrap (2 WG, 2 M/MA &** **½ cup Veg.)**Roasted Potato Wedges (1/2 cup Veg.)Carrot and Red Peppers w/Hummus (3/4 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Pizza with WW Crust (2 WG, 2 M/MA, & 1/8 cup Veg.)**Chef Salad with** **WW Pita** **(1 WG, 2 M/MA, 1 cup Veg.)** Farmer’s Garden Salad with Assorted Salad Dressing (7/8 cup Veg.)Farm Fresh Veggie Sticks with Ranch Dressing (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |

WEEK 2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** |
| Brunch for Lunch**Pancakes & Ham –** **(2 WG & 2 M/MA) with Syrup****Turkey Sandwich on WW Pita Bread with Pretzels** **(2 WG & 2 M/MA)**Roasted Red Potatoes Or Harvest Home Fries (1/2 cup Veg.)Roasted Tomatoes (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Hamburger (2 M/MA)** **On WW Bun (2 WG) with** **Lettuce & Tomato****(1/4 cup Veg.)****Sun Butter & Jelly Sandwich with Yogurt (2 WG & 2 M/MA)**Vegetarian Baked Beans (1/2 cup Veg.)Farm Fresh Veggie Sticks with Ranch Dressing (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Macaroni and Cheese (2 WG & 1 M/MA)****Ham & Cheese Sandwich on** **Goldfish Bread** **(1.5 WG & 2 M/MA)**Steamed Broccoli (1/2 cup Veg.)Roasted Carrot Fries (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Chicken Fajita (1 WG, 2 M/MA & ¼ cup Veg.) **Caesar Salad with WW Pita Bread** **and Cheese Stick** **(1 WG & 1.25 M/MA)** Mexicali Corn (1/2 cup Veg.)Shredded Romaine & Salsa (1/4 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk**1 WG Day** | **Pizza Sticks** **(2 WG & 2 M/MA)****Chicken Salad Sandwich** **(2 WG & 2 M/MA)**Carrot Coins & Cucumber Wheels with Ranch Dressing (1/2 cup Veg.) Farmer’s Garden Salad with Assorted Salad Dressing (7/8 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |

WEEK 3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Hot Dog on WW Bun (2 WG & 2 M/MA)****Turkey Sandwich on WW Roll** **(2 WG & 2 M/MA)**Potato Wedges (1/2 cup Veg.)Caesar Side Salad (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Chicken Tenders (2 WG & 2 M/MA) **Sun Butter & Jelly Sandwich with** **Cheese Stick****(2 WG & 2 M/MA)**Three Bean Salad (1/2 cup Veg.)Cinnamon Roasted Sweet Potatoes (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Roast Turkey with Brown Rice (1 WG & 2 M/MA)**Tortilla Chips** **with Hummus** **(1 WG & 1 M/MA)**Sautéed Greens (1/2 cup Veg.)Sweet Potato Fries (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk**1 WG Day** | Fish Tacos (2 WG & 2 M/MA) withLettuce & Tomato (1/4 cup Veg.) and Mango Salsa (1/8 cup Veg., 1/8 cup Fruit)**Chicken Caesar Wrap (2 WG & 2 M/MA)**Chipotle Corn (1/2 cup Veg.)Cole Slaw (1/4 cup Veg.) OR Broccoli Slaw (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Flatbread Pizza** **(2 WG & 2 M/MA)**Egg Salad Sandwich (2 WG & 2 M/MA)Celery Sticks & Hummus (1/2 cup Veg.)Mediterranean Salad with Assorted Salad Dressings (1 1/8 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |

WEEK 4

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Mozzarella Sticks with Marinara Sauce****(1WG & 2 M/MA)** **Garden Salad with Turkey & WW Dinner Roll** **(1 WG & 2 M/MA, 1 ¼ cup veg – 1 cup Lettuce, 1/8 pepper, 1/8 tomato)**Mixed Italian Vegetables (1/2 cup Veg.)Caesar Side Salad(1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk**1 WG Day** | **Chicken Filet Sandwich** **(2 WG & 2 M/MA)****Sun Butter & Jelly Sandwich with Yogurt (2 WG & 2 M/MA)**Lettuce, Tomato, Pickle (1/2 cup Veg.)Lemon Zest Broccoli (1/2 cup Veg.)Sweet Potato Salad (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Meatball** **Marinara Sub** **(2 WG, 2 M/MA,** **1/8 cup Veg.)****Turkey Sandwich** **on WW Roll** **(2 WG & 2 M/MA)**Roasted Potato Puffs (1/2 cup Veg.)Tasty Green Bean Toss (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Chicken, Turkey or Beef Burrito (2WG & 2 M/MA)withLettuce & Tomato(1/4 cup Veg.)andSalsa (1/8 cup Veg.)**Chicken Teriyaki Salad with WW Breadstick****(1 WG & 2 M/MA, 1 1/8 cup Veg.., ¼ cup Fruit)**ChickpeaSalad (1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Focaccia Pizza (2 WG & 2 M/MA)**WW Bagel with Yogurt & Cheese** **(2 WG & 2 M/MA)**Carrot Coins & Cucumber Wheels with Ranch Dressing (1/2 cup Veg.) Romaine & Spinach Salad with Assorted Salad Dressings(1/2 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |