WEEK 1

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| **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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted Milk |

WEEK 2

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| **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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted Milk |

WEEK 3

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| **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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted Milk  **1 WG Day** | Fish Tacos  (2 WG & 2 M/MA)  with  Lettuce & 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 Fruit  Assorted 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 Fruit  Assorted Milk |

WEEK 4

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| **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 Fruit  Assorted 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 Fruit  Assorted Milk | Chicken, Turkey  or Beef Burrito  (2WG & 2 M/MA)  with  Lettuce & Tomato  (1/4 cup Veg.)  and  Salsa (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 Fruit  Assorted 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 Fruit  Assorted Milk |