WEEK 1:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| Buffalo Chicken Tenders with WW Roll(2 WG & 2 M/MA)Roasted Green Beans (3/4 cup Veg.) Roasted Potato Wedges (3/4 cup Veg.) Veggie Cruncher (3/4 cup Veg.)**Bagel Lunch w/Cheese and Fruit** **(2.5 WG, 2 M/MA,** **½ cup Fruit)****Mediterranean Wrap****(2 WG, 2 M/MA,** **¾ cup Veg.)** **Mouthwatering Fruit Salad (Assorted Fresh & Canned Fruit with Cheese, Yogurt and Granola)** **(2 WG, 2 M/MA,** **½ cup Fruit)****WG Cheese & Pepperoni Calzone**(2 WG, 2 M/MA, ¼ cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | WW Pasta (2 WG) with Meatsauce (2 M/MA, ¼ cup Veg.) or Chicken Alfredo Sauce (2 M/MA)Steamed Broccoli (3/4 cup Veg.)Kale & Romaine Salad (1 cup Veg.) with Assorted Salad Dressing**Greek Yogurt Parfait**(2 WG & 2 M/MA)**Chicken Caesar Wrap****(2 WG, 2 M/MA,** **¾ cup Veg.)** **Asian Chicken Salad****(2 WG, 2 M/MA,** **1 3/8 cup Veg.)****Foccacia Sandwich with Chicken & Mozzarella****(2 WG & 2 M/MA)****WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Nachos with Meat** **and Cheese** (2 WG & 2 M/MA)Lettuce, Tomato & Salsa (3/8 cup Veg.)Fiesta Corn & Black Bean Salad(3/4 cup Veg.)**Pita Chips, Hummus, & Tablouleh**(2 WG, 2 M/MA, 1/4 cup Veg .) **Buffalo Chicken Wrap**(2 WG, 2 M/MA, ¼ cup Veg.) **Spinach Salad Meal with Croutons & Breadstick****(2 WG, 3 M/MA, 1 cup Veg.)****Cuban Panini****(2WG, 3 M/MA, 3/8 cup Veg.)****WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Chicken Stir Fry** **with Noodles** (2 WG & 2 M/MA, ½ cup Veg.) Sugar Snap Peas (3/4 cup Veg.)Hummus (1/2 cup Veg.)Carrot & Red Pepper Strips (1 cup Veg.)**Caprese Sandwich**(2 WG, 2 M/MA, ¼ cup Veg.) **Roast Beef Wrap**(2 WG, 2 M/MA, ¼ cup Veg.)**Southwestern Salad with Cornbread**(2 WG, 2 M/MA, 1 3/8 cup Veg.)**Fish Sandwich**(2 WG, 2 M/MA, 3/8 cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Baked Fish w/Lemon, Brown Rice Pilaf & WG Dinner Roll(2 WG & 2 M/MA)Cole slaw(3/4 cup Veg.)Veggie Cruncher (3/4 cup Veg.)Pudding (3/4 cup)**Chicken Salad on** **WW Pita**(2 WG, 2 M/MA, ¼ cup Veg.) **Apple, Ham, Spinach Wrap** (2 WG, 2 M/MA, **1/8 cup Veg., 1/8 cup fruit)****Chicken Caesar** **Salad with WW Pita**(2 WG, 2 M/MA,**1 cup Veg.)** **Southwest Buffalo Chicken Wrap**(2 WG, 2 M/MA, ¼ cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |

WEEK 2:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Teriyaki Chicken w/Brown Rice** (2 WG & 2 M/MA, ¼ Cup Veg. - Peppers)Harvest Home Fries(3/4 cup Veg.) or Roasted Red Potatoes(3/4 cup Veg.) Roasted Tomatoes(3/4 cup Veg.)**Bagel Lunch w/Cheese and Fruit** **(2.5 WG, 2 M/MA,** **½ cup Fruit)****Mediterranean Wrap****(2 WG, 2 M/MA,** **¾ cup Veg.)** **Mouthwatering Fruit Salad (Assorted Fresh & Canned Fruit with Cheese, Yogurt and Granola)** **(2 WG, 2 M/MA,** **½ cup Fruit)****WG Cheese & Pepperoni Calzone**(2 WG, 2 M/MA, ¼ cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Hamburger**(2 WG & 2 M/MA)**or Cheeseburger** (2 WG & 2.5 M/MA)Lettuce & Tomato (1/4 cup Veg.)Vegetarian Baked Beans (3/4 cup Veg.)Carrot & Celery Sticks with Dip (1 cup Veg.)**Greek Yogurt Parfait**(2 WG & 2 M/MA)**Chicken Caesar Wrap****(2 WG, 2 M/MA,** **¾ cup Veg.)** **Asian Chicken Salad****(2 WG, 2 M/MA,** **1 3/8 cup Veg.)****Foccacia Sandwich with Chicken & Mozzarella****(2 WG & 2 M/MA)****WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Meat Lasagna with WW Roll**(2 WG & 2 M/MA, 3/8 cup Veg.)Steamed Broccoli (3/4 cup Veg.)Roasted Carrot Fries (3/4 cup Veg.)**Pita Chips, Hummus, & Tablouleh**(2 WG, 2 M/MA, 1/4 cup Veg .) **Buffalo Chicken Wrap**(2 WG, 2 M/MA, ¼ cup Veg.) **Spinach Salad Meal with Croutons & Breadstick****(2 WG, 3 M/MA, 1 cup Veg.)****Cuban Panini****(2WG, 3 M/MA, 3/8 cup Veg.)****WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Chicken Fajita with Brown Rice(2 WG & 2 M/MA)Onions & Peppers(1/4 cup Veg.)Shredded Romaine & Salsa (1/4 cup Veg.)Sour Cream (1 oz)Black Bean & Corn Salad (3/4 cup Veg.)**Caprese Sandwich**(2 WG, 2 M/MA, ¼ cup Veg.) **Roast Beef Wrap**(2 WG, 2 M/MA, ¼ cup Veg.)**Southwestern Salad with Cornbread**(2 WG, 2 M/MA, 1 3/8 cup Veg.)**Fish Sandwich**(2 WG, 2 M/MA, 3/8 cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Steak & Cheese Sub**(2 WG & 2.5 M/MA)Carrot and Cucumber Chips with Ranch Dressing (3/4 cup Veg.)Spinach Salad (3/4 cup Veg.)Pudding (3/4 cup)**Chicken Salad on** **WW Pita**(2 WG, 2 M/MA, ¼ cup Veg.) **Apple, Ham, Spinach Wrap** (2 WG, 2 M/MA, **1/8 cup Veg., 1/8 cup fruit)****Chicken Caesar** **Salad with WW Pita**(2 WG, 2 M/MA,**1 cup Veg.)** **Southwest Buffalo Chicken Wrap**(2 WG, 2 M/MA, ¼ cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |

WEEK 3:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Chicken Parm with WW Pasta****(2 WG & 2 M/MA, ¼ cup Veg.)**Caesar Side Salad (1 cup Veg.)Peas (3/4 cup Veg.)**Bagel Lunch w/Cheese and Fruit** **(2.5 WG, 2 M/MA,** **½ cup Fruit)****Mediterranean Wrap****(2 WG, 2 M/MA,** **¾ cup Veg.)** **Mouthwatering Fruit Salad (Assorted Fresh & Canned Fruit with Cheese, Yogurt and Granola)** **(2 WG, 2 M/MA,** **½ cup Fruit)****WG Cheese & Pepperoni Calzone**(2 WG, 2 M/MA, ¼ cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Beef or Chicken Burrito**(2 WG, 2 M/MA,** **1/8 cup Veg.)**withLettuce & Tomato(1/4 cup Veg.)andSalsa (1/8 cup Veg.)Three Bean Salad (1/2 cup Veg.)Cinnamon Roasted Sweet Potatoes (1/2 cup Veg.)**Greek Yogurt Parfait**(2 WG & 2 M/MA)**Chicken Caesar Wrap****(2 WG, 2 M/MA,** **¾ cup Veg.)** **Asian Chicken Salad****(2 WG, 2 M/MA,** **1 3/8 cup Veg.)****Foccacia Sandwich with Chicken & Mozzarella****(2 WG & 2 M/MA)****WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Open Face Thanksgiving Sandwich**(2 WG & 2 M/MA)Sauteed Greens (3/4 cup Veg.)Honey Glazed Carrots (3/4 cup Veg.)**Pita Chips, Hummus, & Tablouleh**(2 WG, 2 M/MA, 1/4 cup Veg .) **Buffalo Chicken Wrap**(2 WG, 2 M/MA, ¼ cup Veg.) **Spinach Salad Meal with Croutons & Breadstick****(2 WG, 3 M/MA, 1 cup Veg.)****Cuban Panini****(2WG, 3 M/MA, 3/8 cup Veg.)****WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Fish Tacos (2 WG & 2 M/MA) withLettuce & Tomato (1/4 cup Veg.) and Mango Salsa (1/8 cup Veg., 1/8 cup Fruit)Chipotle Corn (3/4 cup Veg.)Broccoli Slaw (3/4 cup Veg.)**Caprese Sandwich**(2 WG, 2 M/MA, ¼ cup Veg.) **Roast Beef Wrap**(2 WG, 2 M/MA, ¼ cup Veg.)**Southwestern Salad with Cornbread**(2 WG, 2 M/MA, 1 3/8 cup Veg.)**Fish Sandwich**(2 WG, 2 M/MA, 3/8 cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Garlic Chicken &** **WW Pasta** **(2 WG & 2 M/MA)**Assorted Veggie Sticks (3/4 cup Veg.) with Hummus (1/2 cup Veg.)Tossed Salad with Assorted Dressing (3/4 Cup Veg.)Pudding (3/4 cup)**Chicken Salad on** **WW Pita**(2 WG, 2 M/MA, ¼ cup Veg.) **Apple, Ham, Spinach Wrap** (2 WG, 2 M/MA, **1/8 cup Veg., 1/8 cup fruit)****Chicken Caesar** **Salad with WW Pita**(2 WG, 2 M/MA,**1 cup Veg.)** **Southwest Buffalo Chicken Wrap**(2 WG, 2 M/MA, ¼ cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |

WEEK 4:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Chili Con Carne** **with Corn Bread & Beans** **(2 WG, 2 M/MA, ¾ cup Veg.)**Carrot & Red Pepper Sticks (1 cup Veg.) with Hummus (1/2 cup Veg.)**Bagel Lunch w/Cheese and Fruit** **(2.5 WG, 2 M/MA,** **½ cup Fruit)****Mediterranean Wrap****(2 WG, 2 M/MA,** **¾ cup Veg.)** **Mouthwatering Fruit Salad (Assorted Fresh & Canned Fruit with Cheese, Yogurt and Granola)** **(2 WG, 2 M/MA,** **½ cup Fruit)****WG Cheese & Pepperoni Calzone**(2 WG, 2 M/MA, ¼ cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk | **Blazing Hot Grilled Chicken Supreme Sandwich with** **Lettuce & Tomato****(2 WG, 2 M/MA,** **¼ cup Veg.)**Lemon Zest Broccoli (3/4 cup Veg.)Roasted Cauliflower (3/4 cup Veg.)**Greek Yogurt Parfait**(2 WG & 2 M/MA)**Chicken Caesar Wrap****(2 WG, 2 M/MA,** **¾ cup Veg.)** **Asian Chicken Salad****(2 WG, 2 M/MA,** **1 3/8 cup Veg.)****Foccacia Sandwich with Chicken & Mozzarella****(2 WG & 2 M/MA)****WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Meatball** **Marinara Sub** **(2 WG, 2 M/MA,** **1/8 cup Veg.)**Roasted Potato Puffs (3/4 cup Veg.)Tasty Green Bean Toss (3/4 cup Veg.)**Pita Chips, Hummus, & Tablouleh**(2 WG, 2 M/MA, 1/4 cup Veg .) **Buffalo Chicken Wrap**(2 WG, 2 M/MA, ¼ cup Veg.) **Spinach Salad Meal with Croutons & Breadstick****(2 WG, 3 M/MA, 1 cup Veg.)****Cuban Panini****(2WG, 3 M/MA, 3/8 cup Veg.)****WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Pulled Pork with** **Black Beans and Salsa****(2 WG, 2 M/MA,** **3/8 cup Veg.)**Brown Rice (1 cup WG)Roasted Butternut Squash (3/4 cup Veg.)Apple/Cabbage Slaw – (¼ cup Veg.., ¼ cup Fruit)**Caprese Sandwich**(2 WG, 2 M/MA, ¼ cup Veg.) **Roast Beef Wrap**(2 WG, 2 M/MA, ¼ cup Veg.)**Southwestern Salad with Cornbread**(2 WG, 2 M/MA, 1 3/8 cup Veg.)**Fish Sandwich**(2 WG, 2 M/MA, 3/8 cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.) Assorted Fresh Fruit Assorted Canned Fruit Assorted Milk | Italian Herbed Chicken with Brown Rice**(2 WG & 2 M/MA)**Roasted Chickpeas (1/2 cup Veg.)Tossed Salad with Assorted Dressing (3/4 Cup Veg.)Pudding (3/4 cup)**Chicken Salad on** **WW Pita**(2 WG, 2 M/MA, ¼ cup Veg.) **Apple, Ham, Spinach Wrap** (2 WG, 2 M/MA, **1/8 cup Veg., 1/8 cup fruit)****Chicken Caesar** **Salad with WW Pita**(2 WG, 2 M/MA,**1 cup Veg.)** **Southwest Buffalo Chicken Wrap**(2 WG, 2 M/MA, ¼ cup Veg.)**WG Cheese Pizza**(2 WG, 2M/MA, 1/8 cup Veg.)Carrot & Cucumber Sticks (1 cup Veg.)Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |