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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted Milk | Beef or Chicken Burrito  **(2 WG, 2 M/MA,**  **1/8 cup Veg.)**  with  Lettuce & Tomato  (1/4 cup Veg.)  and  Salsa (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 Fruit  Assorted 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 Fruit  Assorted Milk | 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)  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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted 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 Fruit  Assorted Milk |