

WEEK 1:

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

WEEK 2:

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

WEEK 3:

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

WEEK 4:

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