WEEK 1:

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

WEEK 2:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Teriyaki Chicken with Brown Rice**  Harvest Home Fries  or Roasted Red Potatoes    Roasted Tomatoes  **Bagel Lunch with Cheese & Fruit**  **Mediterranean Wrap**  **Mouthwatering Fruit Salad with Cheese, Yogurt & Granola**  **WG Cheese & Pepperoni Calzone**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Hamburger**  **or Cheeseburger**  Lettuce & Tomato  Vegetarian Baked Beans  Carrot & Celery Sticks with Dip  **Greek Yogurt Parfait**  **Chicken Caesar Wrap**  **Asian Chicken Salad**  **Foccacia Sandwich with Chicken & Mozzarella**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Meat Lasagna**  Steamed Broccoli  Roasted Carrot Fries  **Pita Chips, Hummus & Tablouleh**  **Buffalo Chicken Wrap**  **Spinach Salad Meal**  **Cuban Panini**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | Chicken Fajita with Brown Rice  Onions & Peppers  Shredded Romaine & Salsa  Sour Cream  Black Bean & Corn Salad  **Caprese Sandwich**  **Roast Beef Wrap**  **Southwestern Salad**  **Fish Sandwich**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Steak & Cheese Sub**  Carrot and Cucumber Chips with Ranch Dressing  Spinach Salad  Pudding  **Chicken Salad on**  **WW Pita**  **Apple, Ham & Spinach Wrap**    **Chicken Caesar**  **Salad with WW Pita**  **Southwest Buffalo Chicken Wrap**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk |

WEEK 3:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Chicken Parm with WW Pasta**  Caesar Side Salad  Peas  **Bagel Lunch with Cheese & Fruit**  **Mediterranean Wrap**  **Mouthwatering Fruit Salad with Cheese, Yogurt & Granola**  **WG Cheese & Pepperoni Calzone**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | Beef or Chicken Burrito  Three Bean Salad  Cinnamon Roasted Sweet Potatoes  **Greek Yogurt Parfait**  **Chicken Caesar Wrap**  **Asian Chicken Salad**  **Foccacia Sandwich with Chicken & Mozzarella**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Open Face Thanksgiving Sandwich**  Sautéed Greens  Honey Glazed Carrots  **Pita Chips, Hummus & Tablouleh**  **Buffalo Chicken Wrap**  **Spinach Salad Meal**  **Cuban Panini**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | Fish Tacos  with  Lettuce & Tomato  and Mango Salsa  Chipotle Corn  Broccoli Slaw  **Caprese Sandwich**  **Roast Beef Wrap**  **Southwestern Salad**  **Fish Sandwich**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Garlic Chicken &**  **WW Pasta**  Assorted Veggie Sticks with Hummus  Tossed Salad with Assorted Dressing  Pudding  **Chicken Salad on**  **WW Pita**  **Apple, Ham & Spinach Wrap**    **Chicken Caesar**  **Salad with WW Pita**  **Southwest Buffalo Chicken Wrap**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  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**  Carrot & Red Pepper Sticks with Hummus  **Bagel Lunch with Cheese & Fruit**  **Mediterranean Wrap**  **Mouthwatering Fruit Salad with Cheese, Yogurt and Granola**  **WG Cheese & Pepperoni Calzone**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Blazing Hot Grilled Chicken Supreme Sandwich with**  **Lettuce & Tomato**  Lemon Zest Broccoli  Roasted Cauliflower  **Greek Yogurt Parfait**  **Chicken Caesar Wrap**  **Asian Chicken Salad**  **Foccacia Sandwich with Chicken & Mozzarella**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Meatball**  **Marinara Sub**  Roasted Potato Puffs  Tasty Green Bean Toss  **Pita Chips, Hummus & Tablouleh**  **Buffalo Chicken Wrap**  **Spinach Salad Meal**  **Cuban Panini**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Pulled Pork with**  **Black Beans & Salsa**  Brown Rice  Roasted Butternut Squash  Apple & Cabbage Slaw  **Caprese Sandwich**  **Roast Beef Wrap**  **Southwestern Salad**  **Fish Sandwich**  **WG Cheese Pizza**  Carrot & Cucumber Sticks    Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | Italian Herbed Chicken  Roasted Chickpeas  Tossed Salad with Assorted Dressing  Pudding  **Chicken Salad on**  **WW Pita**  **Apple, Ham & Spinach Wrap**    **Chicken Caesar**  **Salad with WW Pita**  **Southwest Buffalo Chicken Wrap**  **WG Cheese Pizza**  Carrot & Cucumber Sticks  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk |