WEEK 1:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| Buffalo Chicken Tenders with WW RollRoasted 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 FruitAssorted 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 FruitAssorted 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 FruitAssorted 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 FruitAssorted Milk | Baked Fish w/LemonBrown Rice PilafRollCole slawVeggie 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 FruitAssorted 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 FruitAssorted Milk | **Hamburger****or Cheeseburger** Lettuce & TomatoVegetarian Baked BeansCarrot & 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 FruitAssorted Milk | **Meat Lasagna**Steamed BroccoliRoasted 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 FruitAssorted Milk | Chicken Fajita with Brown RiceOnions & PeppersShredded Romaine & Salsa Sour CreamBlack Bean & Corn Salad **Caprese Sandwich****Roast Beef Wrap****Southwestern Salad****Fish Sandwich****WG Cheese Pizza**Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Steak & Cheese Sub**Carrot and Cucumber Chips with Ranch DressingSpinach SaladPudding **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 FruitAssorted Milk |

WEEK 3:

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| --- | --- | --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Chicken Parm with WW Pasta**Caesar Side SaladPeas**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 FruitAssorted Milk | Beef or Chicken BurritoThree Bean SaladCinnamon 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 FruitAssorted Milk | **Open Face Thanksgiving Sandwich**Sautéed GreensHoney 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 FruitAssorted Milk | Fish Tacos withLettuce & Tomato and Mango Salsa Chipotle CornBroccoli Slaw**Caprese Sandwich****Roast Beef Wrap****Southwestern Salad****Fish Sandwich****WG Cheese Pizza**Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Garlic Chicken &** **WW Pasta** Assorted Veggie Sticks with HummusTossed 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 FruitAssorted 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 BroccoliRoasted 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 FruitAssorted Milk | **Meatball** **Marinara Sub** Roasted Potato PuffsTasty 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 FruitAssorted Milk | **Pulled Pork with** **Black Beans & Salsa**Brown RiceRoasted 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 ChickenRoasted ChickpeasTossed Salad with Assorted DressingPudding **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 FruitAssorted Milk |