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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| Buffalo Chicken Tenders  WW Roll  **Mouthwatering Fruit Salad (Assorted Fresh & Canned Fruit with Cheese, Yogurt and Granola)**  Roasted Green Beans  Roasted Potato Wedges  Veggie Cruncher  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | WW Pasta  with Meatsauce  or Chicken Alfredo Sauce  **Buffalo Chicken Wrap with Ranch Dressing**  Roasted Broccoli  Tomato & Basil Salad  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Nachos with Meat**  **and Cheese**  Lettuce, Tomato & Salsa  **Chef Salad with**  **WW Pita Bread**  Fiesta Corn & Black Bean Salad  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Chicken Stir Fry**  **with Noodles**  **Beef Burrito**  Sugar Snap Peas    Hummus  Carrot & Red Pepper Strips  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | WG Cheese Pizza  or  Roasted Veggie Pizza  **Deli Bar Day**  Farmer’s Garden Salad with Assorted Salad Dressing  Corn  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk |

WEEK 1

WEEK 2:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Hamburger**  **or Cheeseburger**  Lettuce, Tomato, Mushrooms & Onion  **Yogurt Parfait (Strawberries, Yogurt and Granola)**  Vegetarian Baked Beans  Celery& Carrot Sticks with Dip  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | Brunch for Lunch  **with Syrup**  **Southwest Chicken Wrap**  Roasted Red Potatoes  Cinnamon Baked Apples  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Macaroni and Cheese with Ham**  **Asian Chicken Salad with WG Roll**  Steamed Broccoli  Carrot & Celery Sticks with Dip  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | Chicken Fajita with Brown Rice  Onion & Peppers  Shredded Romaine & Salsa  **Fancy Focaccia**  **White Pizza**  Black Bean & Corn Salad  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Pizza Sticks or**  **French Bread Pizza**  **Deli Bar**  Carrot Coins & Cucumber Wheels with Dip    Spinach Salad with Assorted Salad Dressing  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk |

WEEK 3:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Chicken Parm with WW Pasta**  **Cheese, Fruit & Breadstick**  Caesar Side Salad  Chick Pea Salad    Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | Beef or Chicken Burrito  **Chicken Caesar Wrap**  Black Bean Salad  Cinnamon Roasted Sweet Potatoes  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Open Faced Thanksgiving Sandwich**  **Chicken Teriyaki Salad with Assorted Dressing and Roll**  Lemon Zest Broccoli  Garlic Mashed Potatoes  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | Fish Tacos    with  Lettuce, Tomato &  and Mango Salsa  **Chicken & Cheese Quesadilla with Salsa**    Chipotle Corn    Cole Slaw    Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Fancy Focaccia**  **White Pizza**  **Deli Bar**  Assorted Veggie Sticks  Hummus  Mediterranean Blend Salad with Assorted Dressing  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk |

WEEK 4:

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| **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** |
| **Hearty Chili with Chicken or Beef**  WW Dinner Roll  **Bagel Lunch with Yogurt & Cheese, Vegetable Sticks and Dip**  Southwestern Salad with Assorted Dressing  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Blazing Hot Grilled Chicken Supreme Sandwich with**  **Lettuce & Tomato**  **Turkey & Cheese Wrap with**  **Lettuce & Tomato**  Sautéed Spinach  Roasted Carrot Fries  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Meatball**  **Marinara Sub**  **Salad with Turkey & Croutons and**  **Assorted Dressing**  Roasted Potato Wedges  Tasty Green Bean Toss  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | **Pulled Pork with**  **Black Beans and Salsa**  Cornbread  **Steak & Cheese Flatbread**  Colorful Marinated Vegetables  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk | WG Cheese Pizza  or  Roasted Veggie Pizza  **Deli Bar**  Roasted Chickpeas  Spinach Salad  Assorted Fresh Fruit Assorted Canned Fruit  Assorted Milk |