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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 FruitAssorted 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 FruitAssorted Milk | **Nachos with Meat** **and Cheese** Lettuce, Tomato & Salsa**Chef Salad with** **WW Pita Bread** Fiesta Corn & Black Bean SaladAssorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Chicken Stir Fry** **with Noodles** **Beef Burrito**Sugar Snap Peas Hummus Carrot & Red Pepper Strips Assorted Fresh Fruit Assorted Canned FruitAssorted 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 FruitAssorted 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 FruitAssorted Milk | Brunch for Lunch**with Syrup****Southwest Chicken Wrap** Roasted Red Potatoes Cinnamon Baked Apples Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Macaroni and Cheese with Ham****Asian Chicken Salad with WG Roll**Steamed Broccoli Carrot & Celery Sticks with Dip Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Chicken Fajita with Brown RiceOnion & PeppersShredded Romaine & Salsa **Fancy Focaccia** **White Pizza**Black Bean & Corn Salad Assorted Fresh Fruit Assorted Canned FruitAssorted 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 SaladChick Pea Salad Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Beef or Chicken Burrito**Chicken Caesar Wrap**Black Bean SaladCinnamon Roasted Sweet Potatoes Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Open Faced Thanksgiving Sandwich****Chicken Teriyaki Salad with Assorted Dressing and Roll**Lemon Zest Broccoli Garlic Mashed Potatoes Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | Fish Tacos withLettuce, Tomato & and Mango Salsa **Chicken & Cheese Quesadilla with Salsa** Chipotle Corn  Cole Slaw  Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Fancy Focaccia** **White Pizza****Deli Bar**Assorted Veggie Sticks Hummus Mediterranean Blend Salad with Assorted Dressing Assorted Fresh Fruit Assorted Canned FruitAssorted 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 FruitAssorted Milk | **Meatball** **Marinara Sub** **Salad with Turkey & Croutons and** **Assorted Dressing** Roasted Potato Wedges Tasty Green Bean Toss Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | **Pulled Pork with** **Black Beans and Salsa**Cornbread **Steak & Cheese Flatbread**Colorful Marinated Vegetables Assorted Fresh Fruit Assorted Canned FruitAssorted Milk | WG Cheese Pizza or Roasted Veggie Pizza **Deli Bar**Roasted Chickpeas Spinach Salad Assorted Fresh Fruit Assorted Canned FruitAssorted Milk |