

<b>Week #1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Shreddies Milk Frozen or Fresh blueberries 100% Juice <i>(EM Cottage Cheese)</i>	Blueberry oat Muffins Cheese cubes 100% Juice <i>(EM triangle wedges of chicken breast/ham)</i>	Pineapple upside down French toast 100% Juice Yogurt	Pumpkin muffin Raisins/craisins Milk <i>(EM rolled slices of deli turkey/ham)</i>	Scrambled eggs Whole wheat or multigrain toast Apple/watermelon Milk
<b>Lunch</b>	Healthier mac n'cheese Veggie dogs Broccoli & carrots with dip Fresh/canned pineapple Milk	Chunky chicken noodle soup Ham/turkey/egg sandwich Banana Milk	Tuna/cheese melts Tossed salad with vinaigrette Fresh/canned oranges Milk	Beef soft tacos with lettuce and tomato Kiwi or strawberries Milk	Monte cristo sandwich (includes egg/cheese and possibly ham) Tomato/vegetable soup Fresh/canned pears Milk
<b>PM Snack</b>	Lightened up brownie Applesauce Milk	Pretzels Cheese cubes Milk	Bagel thins with Tzatziki (yogurt cucumber dip) Fresh/dried apricots 100% Juice	Yogurt and granola 100% Juice	Oatmeal date square Milk

<b>Week #2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	French toast Oranges/nectarines Milk	Cheerios Milk Fresh/canned peaches 100% Juice <i>(EM rolled slices of chicken/ham)</i>	Whole wheat banana muffins Apples Milk <i>(EM pan fried or poached eggs)</i>	Berry yogurt parfait: yogurt; granola; frozen or fresh berries) Milk <i>(EM triangle wedges of ham/turkey)</i>	Scrambled eggs Toast Yogurt 100% Juice
<b>Lunch</b>	Finger food: Fruit kabob/bowl: (pineapple; melon; grapes; cantaloupe; strawberries etc.) Cheese & Ham & Grape/cherry tomato kabob/bowl Mini/regular size bran muffins Milk	Pizza buns/bagels Garden salad with vinaigrette/lite creamy dressing Grapes Milk	Meat loaf Potatoes Peas & carrots Apple/nectarine 100% Juice	Hot dogs Whole wheat buns Raw cauliflower and broccoli and carrots and dip Strawberries fresh or frozen thawed Milk	Lasagna (meat/soy/chicken) Pita chips Fresh/canned peaches Cucumber sticks Milk
<b>PM Snack</b>	Milk pudding with diced banana and (potentially a sprinkle of coconut) 100% Juice	Boiled raisin cookies Milk	Snack mix with: dried fruit; pretzels; small crackers Milk	Triscuits or whole wheat crackers Cheese 100% Juice	Applesauce Milk Mini bagels and cream cheese

<b>Week #3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Fruit yogurt smoothie Toast 100% Juice <i>(EM scrambled eggs)</i>	Shreddies, cheerios, or raisin bran Milk Apple sauce 100% Juice <i>(EM rolled turkey breast/ham)</i>	English muffin with egg and cheese 100% Juice	Toast Yogurt Banana/watermelon 100% Juice <i>(EM sliced roast beef/chicken breast)</i>	Branberry muffins Cheese 100% Juice <i>(EM soft boiled eggs or poached eggs)</i>
<b>Lunch</b>	Cold/hot chicken/ham quesadillas with cheese and salsa for dip Cantaloupe/melon Raw celery/carrots Milk	Spaghetti pizza Applesauce Coleslaw Milk	Healthier fish sticks Potato skins Raw broccoli and carrots and dip Canned peaches Milk	Pita sandwich with ham/turkey/roast beef/cheese Chicken vegetable rice soup Mixed fresh fruit salad Milk	Tortellini soup Mini scones Cheddar cheese cut into triangles or with a cookie cutter Apple/blueberries Milk
<b>PM Snack</b>	Chocolate banana cupcake Strawberries Milk	Hummus and pita Milk	Hermit cookies Milk	Very berry crisp Milk	Bagel with cream cheese Cucumbers Milk

<b>Week #4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Waffles Fruit sauce Yogurt 100% Juice <i>(EM scrambled eggs)</i>	Yogurt parfait with yogurt; fresh/frozen berries or banana and granola 100% Juice <i>(EM rolled slices of chicken/turkey breast)</i>	Frittata with egg, veggies, potato, cheese and option ham Grapes 100% Juice	Whole wheat banana or rhubarb cinnamon muffins Yogurt 100% Juice <i>(EM poached or pan fried eggs)</i>	Cream of wheat hot cereal Milk Raisins 100% Juice <i>(EM triangle slices of turkey/ham)</i>
<b>Lunch</b>	Pasta salad with ham/chicken and veggies with creamy/vinaigrette dressing Frozen banana pops Milk	Shepherds pie with meat/soy and potato Corn/peas Fresh/frozen grapes Milk	Turkey and cream cheese wrap Snap/snow peas and dip Fruit cocktail or seasonal fruit salad Milk	Spaghetti with sauce (meat/soy) Salad and vinaigrette Oranges Milk	Chicken/fish burgers (with no trans fat) Whole wheat bun Raw carrots and celery and dip Milk
<b>PM Snack</b>	Pineapple mandarin yogurt Milk	Dried fruit mix (craisins, raisins, apricots, prunes) Milk	Chocolate or butterscotch pudding with sliced bananas Milk	Triscuits Cheese Milk	Oatmeal chippit cookies Milk

<b>Week #5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Pancakes Fruit sauce Yogurt and/or cottage cheese Milk <i>(EM rolled slices of deli turkey/roast beef)</i>	Scrambled eggs Whole grain or whole wheat toast Grapes 100% Juice	Canned fruit or seasonal fruit salad Bran blueberry muffins or banana bran muffins Cheese Milk <i>(EM triangle slices of deli chicken/ham)</i>	Purple porridge (oatmeal with frozen blueberries added) Milk Apple 100% Juice <i>(EM pan fried or poached eggs)</i>	Cheerios, shreddies, raisin bran with milk Fruit Milk <i>(EM cottage cheese)</i>
<b>Lunch</b>	Healthier homemade chicken fingers Homemade or frozen zero trans fat fries Cucumber sliced into round disks Watermelon or orange wedges Milk	Hawaiian pizza with ham/chicken and canned pineapple Raw carrot and celery sticks and dip Applesauce Milk	Tomato vegetable soup Tuna/meat sandwich Strawberries/kiwi Milk	Beef vegetable stew Buns/biscuit Fresh/canned pears Milk	Lasagna with meat/soy/chicken Green salad with vinaigrette or lite creamy dressing Pears/plums Milk
<b>PM Snack</b>	Melon/cantaloupe Yogurt 100% Juice	Oatmeal raisin cookies Milk	Smoothie: fresh or frozen berries; yogurt; milk. 100% Juice	Rice Krispie oatmeal raisin square Milk	Ice cream in a bowl or as a cone Fresh/canned peaches 100% Juice

## Menu Substitutions

<b>Dairy Allergy:</b> Milk, yogurt, cheese, ice cream	Soy/rice milk, soy cheese, soy yogurt, soy/rice milk frozen dessert
<b>Lactose Intolerance:</b> Milk, ice cream, yogurt, milk	Often can still tolerate hard cheese or small amounts of milk/yogurt. Other alternatives are Lactaid milk, soy/rice milk, soy cheese, soy yogurt, soy/rice milk frozen dessert
<b>Eggs</b>	Other protein alternative such as: deli/fresh chicken or turkey or ham or roast beef or cottage cheese
<b>Pork:</b> Ham	Chicken, turkey, beef
<b>Beef:</b> Ground beef, roast/deli roast beef, hotdogs	Veggie dogs, ground turkey/chicken, soy ground round, chicken breast etc.
<b>Gelatin:</b> Jello, marshmallows	Cookies rather than rice krispie square.
<b>Fruits</b>	Substitute another fresh, dried, frozen or canned fruit.
<b>Vegetable</b>	Substitute another fresh, dried, frozen or canned vegetable.
<b>Grain/Starch</b>	Substitute another similar grain/starch such as : crackers, bread, bagel, muffin, cereal, rice, potato, pasta, cookie etc.
<b>Meats/Alternatives</b>	Substitute another similar meat/alternative for protein such as beef, pork, chicken, turkey, ham, cheese, cottage cheese, fish, seafood, legumes, or eggs.