



















Meal	Monday	Tuesday	Wednesday	Thursday	Friday						
Week 1	12/1, 12/29, 1/26, 2/23		12/2, 12/30, 1/27, 2/24		12/3, 12/31, 1/28, 2/25		12/4, 1/1, 1/29, 2/26		12/5, 1/2, 1/30, 2/27		
	Breakfast	<ul style="list-style-type: none">Toasted Oats, Oranges, Org. Milk		<ul style="list-style-type: none">WG Pancakes* W/ Applesauce, Pineapple, Org. Milk		<ul style="list-style-type: none">WG Biscuits*, Turkey Sausage,  Egg Patties, Apples, Org. Milk		<ul style="list-style-type: none">Mini Bagels, Cream Cheese, Clementines, Org. Milk		<ul style="list-style-type: none">Lemon Poppyseed Muffins, Honeydew, Org. Milk	
	Lunch	<ul style="list-style-type: none">Chx. Sliders, WG Rolls,  Veg. Burger, Tomato Ketchup, Green & Yellow Beans, Apples		<ul style="list-style-type: none">Chx. Fajitas, WG Tortillas  Tofu Fajitas, Peas & Carrots, Bananas		<ul style="list-style-type: none">Three Cheese Ravioli, Marinara, Broccoli & Cauliflower, Cantaloupe		<ul style="list-style-type: none">Lemon Garlic Herb Rice & Chx.,  Lemon Garlic Tofu, 4 Veggie Blend, Pineapple		<ul style="list-style-type: none">WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad	
Snack	<ul style="list-style-type: none">Mini Pretzel Twists, Cheddar Cheese, Water		<ul style="list-style-type: none">Vanilla Yogurt, Fresh Pears, Water		<ul style="list-style-type: none">Brown Rice Cakes, Steamed Sweet Potatoes, Water		<ul style="list-style-type: none">Ritz Crackers, Fresh Bananas, Water		<ul style="list-style-type: none">Graham Squares, Fresh Apples, Water		
Week 2	12/8, 1/5, 2/2		12/9, 1/6, 2/3		12/10, 1/7, 2/4		12/11, 1/8, 2/5		12/12, 1/9, 2/6		
	Breakfast	<ul style="list-style-type: none">Corn Chex, Oranges, Org. Milk		<ul style="list-style-type: none">Hash Browns, Turkey Sausage,  Egg Patties, Pineapple, Org. Milk		<ul style="list-style-type: none">WG French Toast Sticks, Maple Syrup, Apples, Org. Milk		<ul style="list-style-type: none">Homemade Granola, Vanilla Yogurt, Clementines, Org. Milk		<ul style="list-style-type: none">Apple Spice Muffins, Fresh Cantaloupe, Org. Milk	
	Lunch	<ul style="list-style-type: none">WG Mac & Cheese, Broccoli & Cauliflower, Apples		<ul style="list-style-type: none">Red Beans & Rice, Roasted Chicken,  Tofu Red Beans, Peas & Carrots, Bananas		<ul style="list-style-type: none">Turkey Burger W/ Cheese,  Veg. Burger, Buns & Ketchup, Green & Yellow Beans, Honeydew		<ul style="list-style-type: none">WG Cheese Tortellini In Garlic & Herb Oil, 4 Veg. Blend, Pineapple		<ul style="list-style-type: none">Chx. Meatballs In Marinara Sauce,  Tofu In Marinara Sauce, WG Rolls, Green Beans & Carrots, Fruit Salad	
Snack	<ul style="list-style-type: none">Animal Crackers, String Cheese, Water		<ul style="list-style-type: none">Mini Bagels, Cream Cheese, Fresh Pears, Water		<ul style="list-style-type: none">Whole Grain Tortillas, Guacamole, Water		<ul style="list-style-type: none">Brown Rice Cakes. Fresh Bananas, Water		<ul style="list-style-type: none">Cottage Cheese, Fresh Apples, Water		
Week 3	12/15, 1/12, 2/9		12/16, 1/13, 2/10		12/17, 1/14, 2/11		12/18, 1/15, 2/12		12/19, 1/16, 2/13		
	Breakfast	<ul style="list-style-type: none">Corn Flakes, Oranges, Org. Milk		<ul style="list-style-type: none">WG* Pancakes, Maple Syrup, Pineapple, Org. Milk		<ul style="list-style-type: none">Toasted Oats, Strawberry Yogurt Apples, Org. Milk		<ul style="list-style-type: none">Hash Browns, Turkey Sausage,  Egg Patties, Clementines, Org. Milk		<ul style="list-style-type: none">Blueberry Muffins, Honeydew, Org. Milk	
	Lunch	<ul style="list-style-type: none">Chx. Fajitas, WG Tortillas  Tofu Fajitas, Green & Yellow Beans, Apples		<ul style="list-style-type: none">WG Rotini, Roasted Tomato Sauce, Turkey Sausage  Tomato Tofu, Peas & Carrots, Bananas		<ul style="list-style-type: none">BBQ Chicken & Brown Rice,  BBQ Tofu & Brown Rice, Broccoli & Cauliflower, Cantaloupe		<ul style="list-style-type: none">WG Chx Bites, Tomato Ketchup,  Veggie Bites, 4 Veggie Blend, Pineapple		<ul style="list-style-type: none">Chx. Alfredo, WG Rotini,  Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad	
Snack	<ul style="list-style-type: none">Ritz Crackers, Cheddar Cheese, Water		<ul style="list-style-type: none">Mini Bagels, Cream Cheese, Fresh Pears, Water		<ul style="list-style-type: none">Brown Rice Cakes, Sunflower Butter, Water		<ul style="list-style-type: none">Graham Squares, Bananas, Water		<ul style="list-style-type: none">Cheddar Goldfish, Fresh Apples, Water		
Week 4	12/22, 1/19, 2/16		12/23, 1/20, 2/17		12/24, 1/21, 2/18		12/25, 1/22, 2/19		12/26, 1/23, 2/20		
	Breakfast	<ul style="list-style-type: none">Rice Krispies, Oranges, Org. Milk		<ul style="list-style-type: none">WG Biscuits*, Turkey Sausage,  Fresh Eggs, Pineapple, Org. Milk		<ul style="list-style-type: none">Mini Bagels, Cream Cheese, Apples, Org. Milk		<ul style="list-style-type: none">WG Waffles*, Maple Syrup, Clementines, Org. Milk		<ul style="list-style-type: none">Orange Blossom Muffins, Cantaloupe, Org. Milk	
	Lunch	<ul style="list-style-type: none">Turkey & Rice Casserole,  Tofu Rice Casserole, Broccoli & Cauliflower, Apples		<ul style="list-style-type: none">Herb Chx. & WG Rotini Pasta,  Herbed Tofu, Peas & Carrots, Bananas		<ul style="list-style-type: none">WG Chx. Bites*, Tomato Ketchup,  Veg. Bites, Green & Yellow Beans, Honeydew		<ul style="list-style-type: none">Southwest Chx., Brown Rice Bowl,  Org Tofu, 4 Veggie Blend, Pineapple		<ul style="list-style-type: none">Chx. Marinara, WG Penne,  Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad	
Snack	<ul style="list-style-type: none">Animal Crackers, String Cheese, Water		<ul style="list-style-type: none">Cottage Cheese, Fresh Pears, Water		<ul style="list-style-type: none">Italian Hummus, Pita Bread, Water		<ul style="list-style-type: none">Strawberry Yogurt, Fresh Bananas, Water		<ul style="list-style-type: none">Club Crackers, Fresh Apples, Water		