

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
B – Oatmeal, berries S – Strawberry, cream cheese sandwich L – Spaghetti, veggies, fruit S – Trail mix	B – Turkey sausage, fruit, toast S – Popcorn, raisins L – Chicken noodle soup, veggies, fruit S – Turkey roll-up	B – Hashbrowns, eggs, fruit S – Apples, dip L – Mini-Pizza, vegetables, fruit S- Cottage cheese, pineapple	B – Cereal, banana S – Rice cake, sunbutter, raisins L – Turkey/Ham wrap, fruit and veggies S – Vegetables, hummus	B – Muffin, fruit S – Cheese and crackers L – Pineapple chicken, rice, veggies, fruit S – Trail Mix
10	11	12	13	14
B –Cereal, fruit S- Quesadilla L – Chicken burger, fries and fruit S-Veggies, hummus	B – Eggs, toast, fruit S – Fruit, cheese L – Lentils, rice, veggies, and fruit S – Trail Mix	B – Pancakes, berries S – Cottage cheese, peaches L – Baked fish, quinoa, veggies, fruit S – Chips and salsa	B –English Muffin, fruit S- Crackers, cream cheese, cucumbers L – Grilled Cheese, tomato soup, veggies, fruit S- Popcorn, raisins	B – Yogurt, berries, granola S – Rice cake, sunbutter, raisins L – Turkey taco, rice, beans veggies, fruit S – Veggies, hummus
17	18	19	20	21
B – Oatmeal, berries S – Strawberry, cream cheese sandwich L – Spaghetti, veggies, fruit S – Trail mix	B – Turkey sausage, fruit, toast S – Popcorn, raisins L – Chicken noodle soup, veggies, fruit S – Turkey roll-up	B – Hashbrowns, eggs, fruit S – Apples, dip L – Mini-Pizza, vegetables, fruit S- Cottage cheese, pineapple	B – Cereal, banana S – Rice cake, sunbutter, raisins L – Turkey/Ham wrap, fruit and veggies S – Veggies, hummus	B – Muffin, fruit S – Cheese and crackers L – Pineapple chicken, rice, veggies, fruit S – Trail Mix
24	25	26	27	28
NO SCHOOL!	NO SCHOOL!	NO SCHOOL!	NO SCHOOL!	NO SCHOOL!
31				
NO SCHOOL!				