

# WEEK 3 *October 14th-October 18th*

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Oatmeal</li><li>• Bananas</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Chex mix</li><li>• Pineapple</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• egg quiche</li><li>• Mandarin oranges</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Yogurt</li><li>• Blueberries</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Cheerios</li><li>• bananas</li></ul>
<p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Chicken pita sandwiches</li><li>• Carrots</li><li>• Peaches</li></ul>	<p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Sloopy joe</li><li>• sweet potatoes</li><li>• Pineapple</li></ul>	<p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Beef bean cheese burritos</li><li>• Apples slices</li><li>• Mix vegetables</li></ul>	<p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Veggie soup</li><li>• Bread stick</li><li>• Melon</li></ul>	<p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Ham and cheese sandwiches</li><li>• Chips</li><li>• Peaches</li></ul>
<p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Cheese slices</li><li>• Crackers</li></ul>	<p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Cucumbers</li><li>• Cottage cheese</li></ul>	<p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Chex mix</li><li>• Broccoli</li></ul>	<p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Ginger snaps</li><li>• Pineapple</li></ul>	<p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Cheese sticks</li><li>• Orange slices</li></ul>

# WEEK 4 *October 21st - October 25th*

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Pancakes</li><li>• Strawberries</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Tomato soup</li><li>• Dinner roll</li><li>• Pears</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Snap peas</li><li>• Mandarin oranges</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• croissant with sunbutter</li><li>• Oranges slices</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Stew beef with potatoes, carrots and celery</li><li>• peas</li><li>• strawberries</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Yogurt</li><li>• Goldfish</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Cheerios</li><li>• Peaches</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Mac and Cheese</li><li>• Broccoli</li><li>• dinner rolls</li><li>• Pears</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Cheese slices</li><li>• Zucchini</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Oatmeal</li><li>• Mandarin oranges</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Stir fry with chicken and rice</li><li>• Pineapple</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Crackers</li><li>• Sunbutter</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Turkey sausage</li><li>• Pears</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Turkey wrap with cheese</li><li>• Green beans</li><li>• Tropical fruit</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Fruit Salad</li><li>• pretzel sticks</li></ul>

# WEEK 5 *October 28th-November 1st*

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 01
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Bagel with cream cheese</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Chicken and rice</li><li>• Peas</li><li>• Mandarin oranges</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Baked apples</li><li>• Pretzel sticks</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Eggs with toast</li><li>• Pears</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• chili</li><li>• Pita bread</li><li>• Corn</li><li>• Apple slices</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Cottage cheese</li><li>• Cherry tomatoes</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Yogurt</li><li>• Bananas</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Ham and cheese sandwiches</li><li>• Carrots</li><li>• Pineapples</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Cheese slices</li><li>• Turkey slices</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• waffles</li><li>• Strawberries</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Cheese burgers</li><li>• Sweet potatoes</li><li>• Grapes</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Cucumber slices</li><li>• Cheese slices</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Oatmeal</li><li>• Blueberries</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Grilled cheese</li><li>• Tomato soup</li><li>• Apple sauce</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Rice cakes</li><li>• Mangos</li></ul>

# WEEK 1 *November 4th-November 8th*

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Oatmeal</u></li><li>• <u>Blubberies</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Tomato soup</u></li><li>• <u>ham and cheese sandwiches</u></li><li>• <u>Apple sauce</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Rice cakes</u></li><li>• <u>Mangoes</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Blueberry muffin</u></li><li>• <u>Pears</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Chicken with pita bread</u></li><li>• <u>Broccoli</u></li><li>• <u>Peaches</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Green peppers</u></li><li>• <u>Warm pretzels</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Rice krispies</u></li><li>• <u>Grapes</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Raviolis with meat</u></li><li>• <u>Orange slices</u></li><li>• <u>Peas</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Gold fish crackers</u></li><li>• <u>Apple slices</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Bananas</u></li><li>• <u>French toast</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Beef quesadilla</u></li><li>• <u>Black beans</u></li><li>• <u>Corn</u></li><li>• <u>Mandarin oranges</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Hummus</u></li><li>• <u>Crackers</u></li><li>• <u>Cucumbers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>English muffin</u></li><li>• <u>Tropical food</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Rice with chicken</u></li><li>• <u>Broccoli</u></li><li>• <u>Pineapple</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>greek yogurt</u></li><li>• <u>Pretzel sticks</u></li></ul>

# WEEK 2 November 11th - November 15th

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Blueberries</u></li><li>• <u>French toast</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Chicken</u></li><li>• <u>Mashed potatoes</u></li><li>• <u>Green beans</u></li><li>• <u>Apple sauce</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Crackers</u></li><li>• <u>Blueberries</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>English muffin</u></li><li>• <u>Tropical fruit</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Turkey and cheese sandwich</u></li><li>• <u>Snap peas</u></li><li>• <u>Apple slices</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cheese bread</u></li><li>• <u>Green peppers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Bananas</u></li><li>• <u>Blueberry muffin</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Meat loaf</u></li><li>• <u>Mashed potatoes</u></li><li>• <u>green beans</u></li><li>• <u>Pears</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Blueberries</u></li><li>• <u>Crackers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cinnamon raisin toast</u></li><li>• <u>Peaches</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Ham and cheese pizza</u></li><li>• <u>Salad</u></li><li>• <u>Watermelon</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Bake Apples</u></li><li>• <u>Pretzel sticks</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Pancakes</u></li><li>• <u>Tropical fruit</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cheeseburgers</u></li><li>• <u>Sweet potatoes</u></li><li>• <u>Melon</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Hummus</u></li><li>• <u>Pita bread</u></li><li>• <u>Apple sauce</u></li></ul>

# WEEK 3 *November 18th - November 22nd*

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Strawberries</u></li><li>• <u>French toast</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Ravioli</u></li><li>• <u>Salad</u></li><li>• <u>Cantelope</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Crackers</u></li><li>• <u>Bake carrots</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Bananas</u></li><li>• <u>Cheerios</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Chicken and rice</u></li><li>• <u>Fruit salad</u></li><li>• <u>Mix vegetables</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cheese slices</u></li><li>• <u>Zuchini chips</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Oatmeal</u></li><li>• <u>Mandarin oranges</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>peppers stuffed with beef</u></li><li>• <u>Pears</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cherry cups</u></li><li>• <u>Graham crackers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Strawberries</u></li><li>• <u>Waffles</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cheese and pepperoni pizza</u></li><li>• <u>Orange slices</u></li><li>• <u>Salad</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Apple juice</u></li><li>• <u>Crackers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Corn muffin</u></li><li>• <u>Pears</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Beef tacos</u></li><li>• <u>Corn</u></li><li>• <u>Peaches</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Snap peas</u></li><li>• <u>Apple slices</u></li></ul>

# WEEK 4 *November 25th - November 29th*

MONDAY 25

## Breakfast:

- Toast sticks
- Bananas

## Lunch:

- Mac and cheese with ham
- Broccoli
- Pears

## Snack:

- Cheese slices
- Cucumbers

TUESDAY 26

## Breakfast:

- Scrambled eggs
- Toast
- Pears

## Lunch:

- Enchiladas with cheese and beef
- Corn
- Tropical fruit

## Snack:

- Gold fish crackers
- Blueberries

WEDNESDAY 27

## Breakfast:

- Bagel with butter
- Pears

## Lunch:

- Turkey and gravy
- Mix vegetables
- Apple slices

## Snack:

- Pretzel sticks
- Bake apples

THURSDAY 28



FRIDAY 29



# WEEK 1 *December 2nd-December 6th*

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Chex and grapes</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Beef quesadilla, black beans, and mandarin oranges</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Carrots and crackers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cereal and apples</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>beef and Macaroni, oranges</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Yogurt and goldfish</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Oatmeal and bananas</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Meatloaf, toast, green beans, and pears</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cucumber salad and pretzel sticks</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Blueberry muffin and bananas</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>vegetable soup, dinner rolls and melon</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Hummus, carrots and cucumbers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cheerios and pears</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Ham and cheese sandwich, apple slices, and sugar snaps</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Raisins, celery and sunbutter</u></li></ul>



# WEEK 2 *December 9th-December 13th*

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Pancakes and starberries</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Sloppy joe, peas, pineapple</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Yogurt and strawberries</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Oatmeal and blackberries</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Chicken corden bleu, green beans, oranges</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Apple sauce and cheese slices</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Bagel with cream cheese</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Chicken quesadilla, steamed broccoli and pineapple</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Raisins and celery.</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Scramble eggs and toast</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Stir fry with beef, egg rolls, squash and corn</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Culiflower and ranch</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cheerios and bananas</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Tomato soup, grilled cheese with turkey, celery.</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Milk and blueberry muffin</u></li></ul>

# WEEK 3 *December 16th-December 20th*

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Eggs, Cheese, Gr Pepper Burrito and Corn</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Beef Quesadilla red peppers and oranges</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Grapes and String Cheese</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Scrambled eggs and melon</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Panna Rosa with Meatballs, steamed broccoli and blueberries</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Green Peppers and Hummus</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Chex and raspberries</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Chicken Cordon Bleu, mixed veggies and apple sauce</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Crackers and pear slices</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Strawberries and toast</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Mac &amp; Cheese, Green Beans, and Melon</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• Raisins and yogurt</li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• Blackberries and yogurt</li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• Pizza and watermelon</li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Hummus and crackers</u></li></ul>

# WEEK 4 *December 30th-January 3rd*

MONDAY 30

**Breakfast:**

- yogurt and toast

**Lunch:**

- Whole wheat spaghetti, corn and melon

**Snack:**

- Cheese slcies and crackers

TUESDAY 31

**Breakfast:**

- Oatmeal and strawberries

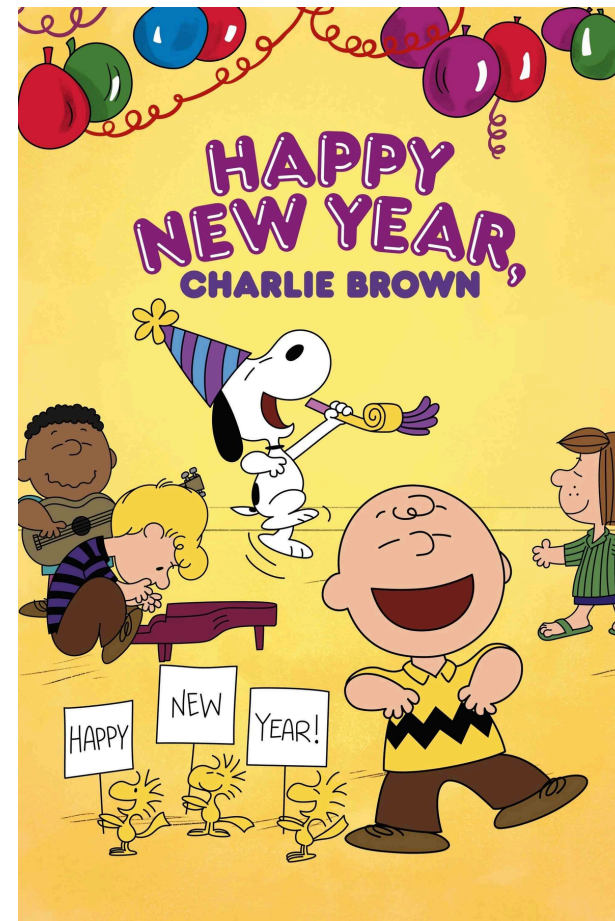
**Lunch:**

- Raviolis with cheese, peas and oranges

**Snack:**

- Pretzels and carrots

WEDNESDAY 1



THURSDAY 2

**Breakfast:**

- Turkey, sausage and pineapple

**Lunch:**

- Chicken cordon bleu, beans and corn

**Snack:**

- Applesauce and celery.

FRIDAY 3

**Breakfast:**

- Cheerios and bananas

**Lunch:**

- Pizza with cheese, carrots, peas and mangoes

**Snack:**

- crackers and pineapple

# WEEK 1 *January 6th-January 10th*

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Strawberries and raisin bread</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Grilled cheese with spinach and mozzarella cheese</u></li><li>• <u>tomato soup</u></li><li>• <u>broccoli</u></li><li>• <u>Mangos</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Cottage cheese and pineapple</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Burritos with potatoes, cheese and eggs</u></li><li>• <u>sliced apples</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Tortelline soup with beef</u></li><li>• <u>mix veggies</u></li><li>• <u>pears</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Goldfish and cucumbers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>pancakes and berries sauce</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Penne rosa with chicken</u></li><li>• <u>green beans</u></li><li>• <u>Blackberries</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Soft pretzels and carrots</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Scrambled eggs</u></li><li>• <u>grapes</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Chicken soup with vegetables</u></li><li>• <u>oranges</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>string cheese</u></li><li>• <u>crackers</u></li></ul>	<p><b><u>Breakfast:</u></b></p> <ul style="list-style-type: none"><li>• <u>Oatmeal with raisins</u></li><li>• <u>Mandarin oranges</u></li></ul> <p><b><u>Lunch:</u></b></p> <ul style="list-style-type: none"><li>• <u>Pizza with pepperoni and ham</u></li></ul> <p><b><u>Snack:</u></b></p> <ul style="list-style-type: none"><li>• <u>Eggrolls and apple sauce</u></li></ul>

# WEEK 2 *January 13th-January 17th*

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>	<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>	<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>	<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>	<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>

# WEEK 3 *January 20th-January 24th*

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>	<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>	<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>	<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>	<p><u>Breakfast:</u> •</p> <p><u>Lunch:</u> •</p> <p><u>Snack:</u> •</p>