

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal (2 cups)  String Cheese (1 oz)  Banana  1% Milk (1 cup)	Mexican Vegetable Frittata (3 oz)  Potatoes (1/2 cup)  Applesauce (1/2 cup)  Whole Wheat Bread (1 slice)  1% Milk (1 cup)	WW Bagel with Cream Cheese Hard Boiled Egg (1) Orange 1% Milk (1 cup)	Waffles with Syrup (2)  Cinnamon Applesauce (1/2 cup)  1% Milk (1 cup)	Cereal (2 cups)  String Cheese (1 oz)  Banana  1% Milk (1 cup)	Pancakes with Syrup (2)  Applesauce (1/2 cup)  1% Milk (1 cup)	Breakfast Loaf  Low Fat Yogurt (1/2 cup)  Orange  1% Milk (1 cup)
LUNCH	Curried Turkey Salad (3 oz)  WW Bun (1)  Carrots & Cucumbers (1 cup)  Orange  Apple Juice (1/2 c)	Beef Bologna Sandwich (3 oz Meat & 2 slices WW Bread)  Coleslaw (1/2 cup) Tomatoes (1/2 cup) Banana  Orange Juice (1/2 c)	Tuna Salad (3 oz)  WW Bun (1)  Beet Salad (1/2 cup)  Potato Salad (1/2 cup)  Applesauce (1/2 c)  Apple Juice (1/2 c)  reated in consultation w	Cheddar Cheese Sandwich (2 oz cheese & 2 slices WW Bread)  Macaroni Salad (1/2 cup) Green Bean Salad (1/2 cup) Pear Orange Juice (1/2 c)	French Lentil Salad with lentils, mixed vegetables, and yogurt dressing (2 cups)  WW Bread (1 slice)  Applesauce (1/2 c) Orange Pineapple Juice (1/2 c)	Tossed Salad with cottage cheese (2 cups salad, 1/2 c cottage cheese)  WW Bread (1 slice)  Orange  Apple Juice (1/2 c)	Mexican Red Bean & Corn Salad with Cabbage (2 cups)  Corn Tortilla (1)  Apple  Orange Juice (1/2 c)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
DINNER	Chinese Style Sweet & Sour Fish (3 oz)  Zucchini (1/2 cup)  Brown Rice (1/2 cup)  Apple  WW Bread (1 slice)  1% Milk (1 cup)	Turkey Meatloaf (4 oz)  Mashed Potatoes  Winter Blend Veggies (1/2 cup)  WW Bread (1 slice)  Orange  1% Milk (1 cup)	Cheese Lasagna (6 oz)  Mixed Veggies (1/2 cup)  WW Bread (1 slice)  Pear  1% Milk (1 cup)	Beef Stroganoff (3 oz)  Egg Noodles (1/2 cup)  Broccoli (1/2 cup)  Apple  WW Bread (1 slice)  1% Milk (1 cup)	Cheese Crepes (6 oz)  Steamed Peas (1/2 cup)  WW Bread (1 slice)  Orange  1% Milk (1 cup)	Dominican Beef Picadillo (3 oz)  Sauteed Kale (1/2 cup)  Brown Rice (1/2 cup)  WW Bread (1 slice  Pear  1% Milk (1 cup)	Chicken Curry (3 oz)  Rice and Peas (1/2 cup)  Steamed Carrots (1/2 cup)  WW Bread (1 slice)  Applesauce (1/2 cup)  1% Milk (1 cup)			

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal (2 cups)  String Cheese (1 oz)  Banana  1% Milk	Mexican Vegetable Frittata (3 oz)  Breakfast Potato (1/2 cup)  Applesauce (1/2 cup)  Whole Wheat Bread (1 slice)  1% Milk (1 cup)	WW Bagel with Cream Cheese Hard Boiled Egg (1) Orange 1% Milk (1 cup)	Waffles with Syrup (2) Cinnamon Applesauce (1/2 cup) 1% Milk (1 cup)	Cereal (2 cups)  String Cheese (1 oz)  Banana  1% Milk (1 cup)	Pancakes with Syrup (2)  Applesauce (1/2 cup)  1% Milk (1 cup)	Bran Muffin  Low Fat Yogurt (1/2 cup)  Orange  1% Milk (1 cup
LUNCH	Harvest Turkey Salad (3 oz) WW Bun (1) Cabbage Slaw (1/2 cup) Chickpea Salad (1/2 cup) Orange Apple Juice (1/2 c)	Curried Egg Salad (3 oz) WW Bread (1 slice)  Baby Carrots (1/2 cup) Bean Salad (1/2 c) Banana Orange Juice (1/2 c)	Cottage Cheese Salad (3 oz) Asian Cucumber Salad (1/2 c) Tomatoes (1/2 c)  WW Bun (1) Applesauce (1/2 c) Apple Juice (1/2 c)	Beef Bologna Sandwich (3 oz Meat & 2 slices WW Bread)  Pasta & Veggie Salad (1 cup) Pear Orange Juice (1/2c)	Chickpea Salad (1 cup) WW Bread (1 slice) Corn & Green Bean Salad (1 cup)  Applesauce (½ c) Orange Pineapple Juice (1/2 c)	Caesar Salad with Tuna (2 cups salad & 3 oz Tuna)  WW Bun (1)  Orange  Apple Juice (1/2 c)	Black Bean & Cous Cous Salad (1 cup) Tomato & Cucumber Salad (1 c)  WW Bun (1)  Apple Orange Juice (1/2 c)

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	MONDAY	TUECDAY	WEDNECDAY	THURCHAY	EDID AV	CATURDAY	CLINIDAY
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	Teriyaki Fish (3 oz)	Turkey Burger with	Baked Falafel (3 oz)	Salisbury Steak (3	Sweet Noodle &	Chicken Bolognese	Turkey Tetrazzini (3
DINTITLE		Onions (3 oz)		oz)	Cheese Casserole (6	(3 oz)	oz)
	Brown Rice (1 cup)		White Bean Stew		oz)		
		Mashed Sweet	(1/2 cup)	Mashed Potatoes		WW Pasta (1/2 cup)	Green Peas (1/2
	Broccoli (1/2 cup)	Potatoes (1/2 cup)		(1/2 cup)	Mixed Veggies (1/2		cup)
			Carrots (1/2 cup)	<b>..</b> . <b>.</b>	cup)	Green Beans (1/2	
	Apple	Winter Blend	MANA D. 174 P. N	California Blend	MAN D 1 (4 11 )	cup)	WW Bread (1 slice)
	\\\\\\ Duood (4 alica)	Veggies (1/2 cup)	WW Bread (1 slice)	Veggies (1/2 cup)	WW Bread (1 slice)	WW Dread (4 alice	Applessus (4/2
	WW Bread (1 slice)	WW Dread (4 alica)	Daau	A mala	0	WW Bread (1 slice	Applesauce (1/2
	1% Milk (1 cup)	WW Bread (1 slice)	Pear	Apple	Orange	Pear	cup)
	1 /6 14111K (1 Cup)	Orange	1% Milk (1 cup)	WW Bread (1 slice)	1% Milk (1 cup)	i Cai	1% Milk (1 cup)
		Orange	1 /0 I'llik (1 cup)	WWW Dieau (1 slice)	1 /o Pilik (1 cup)	1% Milk (1 cup)	1 /0 1 mik (1 cup)
		1% Milk (1 cup)		1% Milk (1 cup)		Turkey	
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cereal (2 cups)  String Cheese (1 oz)  Banana  1% Milk	Mexican Vegetable Frittata (3 oz)  Breakfast Potato (1/2 cup)  Applesauce (1/2 cup)  Whole Wheat Bread (1 slice)  1% Milk (1 cup)	WW Bagel with Cream Cheese Hard Boiled Egg (1) Orange 1% Milk (1 cup)	Waffles with Syrup (2)  Cinnamon Applesauce (1/2 cup)  1% Milk (1 cup)	Cereal (2 cups)  String Cheese (1 oz)  Banana  1% Milk (1 cup)	Pancakes with Syrup (2)  Applesauce (1/2 cup)  1% Milk (1 cup)	Breakfast Loaf  Low Fat Yogurt (1/2 cup)  Orange  1% Milk (1 cup)
Turkey Salad (3 oz)  WW Bun (1)  Carrots & Cucumbers (1 cup)  Orange  Apple Juice (1/2 c)	Egg Salad (3 oz)  WW Bread (2 slices)  Coleslaw (1/2 c)  Tomatoes (1/2 c)  Banana  Orange Juice (1/2 c)	Beef Bologna Sandwich (3 oz Meat & 2 slices WW Bread) Macaroni Salad(1/2 cup) Tomatoes (1/2 cup)  Applesauce (1/2 c) Apple Juice (1/2 c)	Cheddar Cheese Sandwich (2 oz cheese & 2 slices WW Bread) Macaroni Salad (1/2 cup) Sliced Bell Pepper (1/2 cup) Pear Orange Juice (1/2 c)	Lentil & Chickpea Salad (2 cups)  Cucumber Salad (1/2 c) WW Bread (1 slice)  Applesauce (1/2 c) Orange Pineapple Juice (1/2 c)	Tossed Salad with cottage cheese (2 cups salad, 1/2 c cottage cheese)  WW Bread (1 slice)  Orange  Apple Juice (1/2 c)	Mexican Red Bean & Corn Salad with Cabbage (2 cups)  Corn Tortilla (1)  Apple  Orange Juice (1/2 c)
	String Cheese (1 oz)  Banana  1% Milk  Turkey Salad (3 oz)  WW Bun (1)  Carrots & Cucumbers (1 cup)  Orange	String Cheese (1 oz)  Breakfast Potato (1/2 cup)  1% Milk  Applesauce (1/2 cup)  Whole Wheat Bread (1 slice)  1% Milk (1 cup)  Turkey Salad (3 oz)  Egg Salad (3 oz)  WW Bun (1)  WW Bread (2 slices)  Carrots & Coleslaw (1/2 c)  Tomatoes (1/2 c)  Orange  Banana  Apple Juice (1/2 c)  Orange Juice (1/2 c)	String Cheese (1 oz)  Breakfast Potato (1/2 cup)  Orange  1% Milk  Applesauce (1/2 cup)  Whole Wheat Bread (1 slice)  1% Milk (1 cup)  Turkey Salad (3 oz)  Egg Salad (3 oz)  WW Bun (1)  WW Bread (2 slices)  Carrots & Coleslaw (1/2 c)  Cucumbers (1 cup)  Carrots & Coleslaw (1/2 c)  Cucumbers (1 cup)  Carrots & Coleslaw (1/2 c)  Corange  Banana  Applesauce (1/2 c)  Apple Juice (1/2 c)  Apple Juice (1/2 c)  Apple Juice (1/2 c)	String Cheese (1 oz)  Breakfast Potato (1/2 cup)  Turkey Salad (3 oz)  Egg Salad (3 oz)  WW Bun (1)  Carrots & Coleslaw (1/2 c)  Cucumbers (1 cup)  Carrots & Coleslaw (1/2 c)  Cucumbers (1 cup)  Cream Cheese  (2)  Hard Boiled Egg (1)  Orange  1% Milk (1 cup)  Tw Milk (1 cup)  Beef Bologna Sandwich (3 oz Sandwich (2 oz Cheese & 2 slices WW Bread)  Macaroni Salad (1/2 cup)  Tomatoes (1/2 c)  Tomatoes (1/2 c)  Apple Juice (1/2 c)  Orange Juice (1/2 c)  Apple Juice (1/2 c)  Orange Juice (1/2 c)  Apple Juice (1/2 c)  Orange Juice (1/2 c)	String Cheese (1 oz)  Breakfast Potato (1/2 cup)  Turkey Salad (3 oz)  WW Bun (1)  Carrots & Coleslaw (1/2 c)  Coleslaw (1/2 c)  Tomatoes (1/2 c)  Applesauce (1/2 c)  Applesauce (1/2 c)  Applesauce (2)  String Cheese (1 oz)  Manana  1% Milk (1 cup)  String Cheese (1 oz)  Manana  1% Milk (1 cup)  String Cheese (1 oz)  Manana  1% Milk (1 cup)  Salad (2 cups)  Cucumber Salad (1/2 cup)  String Cheese (1 oz)  Milk (1 cup)  String Cheese (1 oz)  Manana  1% Milk (1 cup)  Salad (2 cups)  Cucumber Salad (1/2 cup)  Sliced Bell Pepper (1/2 cup)  Applesauce (1/2 c)  Orange Pineapple	String Cheese (1 oz) Breakfast Potato (1/2 cup)  Breakfast Potato (1/2 cup)  Turkey Salad (3 oz)  WW Bun (1)  Carrots & Coleslaw (1/2 cup)  Carrots & Coleslaw (1/2 cup)  Carrots & Coleslaw (1/2 cup)  Corange  Banana  Cream Cheese (2)  Hard Boiled Egg (1)  Orange  Time Milk (1 cup)  Breakfast Potato (1/2 cup)  Time Milk (1 cup)  Time Milk (1 cup)  Breakfast Potato (1/2 cup)  Time Milk (1 cup)  Time Milk (1 cup)  Time Milk (1 cup)  Time Milk (1 cup)  Cheddar Cheese Sandwich (2 oz cheese (2 cups) (2)  String Cheese (1 oz)  Applesauce (1/2 cup)  Time Milk (1 cup)  Time Milk (1 cup)  Tomatoes (2)  Cheddar Cheese Sandwich (2 oz cheese (2 cups) (2)  String Cheese (1 oz)  Applesauce (1/2 cup)  Time Milk (1 cup)  Tomatoes (2)  Cheddar Cheese Sandwich (2 oz cheese (2 cups) (2)  String Cheese (1 oz)  Applesauce (1/2 cup)  Time Milk (1 cup)  Tomatoes (2)  Cheddar Cheese Sandwich (2 oz cheese (2 cups) (2)  String Cheese (1 oz)  Applesauce (1/2 cup)  Time Milk (1 cup)  Tomatoes (2)  Cheddar Cheese Sandwich (2 oz cheese (2 cups) (2)  String Cheese (1 oz)  Applesauce (1/2 cup)  Time Milk (1 cup)  Tomatoes (2)  Cheddar Cheese Sandwich (2 oz cheese (2 cups) (2)  Cucumber Salad (2 cups)  Cucumber Salad (2 cups)  Cucumber Salad (1/2 cup)  Tomatoes (1/2 cup)  Tomatoes (1/2 cup)  Tomatoes (1/2 cup)  Applesauce (1/2 c)  Orange Pineapple  Apple Juice (1/2 c)  Apple Juice (1/2 c)  Apple Juice (1/2 c)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	Baked Fish with Lemon Dill Sauce (3 oz)  Wile Rice (1/2 cup)  Carrots (1/2 cup)  Apple  WW Bread (1 slice)  1% Milk (1 cup)	Chicken Patty (3 oz) Couscous (1/2 cup) Zucchini (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup)	3 Bean Chili (3 oz)  California Blend Veggies (1/2 cup)  White Rice (1/2 cup)  WW Bread (1 slice)  Pear  1% Milk (1 cup)	Swedish Meatballs (3 oz)  Egg Noodles (1/2 cup)  Broccoli (1/2 cup)  Apple  WW Bread (1 slice)  1% Milk (1 cup)	Curry Chickpea Stew (4 oz)  White Rice (1/2 cup)  Green Beans (1/2 cup)  WW Bread (1 slice)  Orange  1% Milk (1 cup)	Unstuffed Beef Cabbage (4 oz)  Mixed Veggies (1/2 cup)  WW Bread (1 slice  Pear  1% Milk (1 cup)	Jerk Chicken (3 oz)  Mashed Potatoes (1/2 cup)  Sauteed Kale (1/2 cup)  WW Bread (1 slice)  Applesauce (1/2 cup)  1% Milk (1 cup)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal (2 cups)  String Cheese (1 oz)  Banana  1% Milk	Mexican Vegetable Frittata (3 oz)  Breakfast Potato (1/2 cup)  Applesauce (1/2 cup)  Whole Wheat Bread (1 slice)  1% Milk (1 cup)	WW Bagel with Cream Cheese Hard Boiled Egg (1) Orange 1% Milk (1 cup)	Waffles with Syrup (2)  Cinnamon Applesauce (1/2 cup)  1% Milk (1 cup)	Cereal (2 cups)  String Cheese (1 oz)  Banana  1% Milk (1 cup)	Pancakes with Syrup (2)  Applesauce (1/2 cup)  1% Milk (1 cup)	Corn Muffin  Low Fat Yogurt (1/2 cup)  Orange  1% Milk (1 cup
LUNCH	Chipotle Turkey Salad (3 oz)  WW Bun (1)  Carrots & Cucumbers (1 cup)  Orange Apple Juice (1/2 c)	Curried Egg Salad (3 oz) WW Bread (2 slices)  Coleslaw (1/2 c) Tomatoes (1/2 c)  Banana  Orange Juice (1/2 c	Soy Lime Tuna Salad (3 oz) WW Bun (1)  Asian Cucumber Salad (1/2 c) Tomatoes (1/2 c)  Applesauce (1/2 c) Apple Juice (1/2 c)	Beef Bologna Sandwich (3 oz Meat & 2 slices WW Bread) Pasta & Veggie Salad (1 cup)  Pear  Orange Juice (1/2 c)	White Bean Smash Sandwich (3 oz beans & 2 slices WW Bread)  Potato Salad (1/2 c) Applesauce (1/2 c)  Orange Pineapple Juice (1/2 c)	Cottage Cheese Salad (3 oz) Asian Cucumber Salad (1/2 c) Tomatoes (1/2 c) WW Bun (1) Orange Apple Juice (1/2 c)	Tuna Egg Salad Supreme (3 oz tuna & Egg) Beet Salad (1/2 c) Coleslaw (1/2 c) WW Bread (1 slice) Apple Orange Juice (1/2 c)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
DINNER	Breaded Fish (3 oz) Rice Pilaf (1/2 cup) Green Beans (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) Baked Chicken P	Baked Chicken Patty with Lemon Sauce (3 oz)  California Blend Veggies (1/2 cup)  Roasted Potatoes (1/2 cup)  WW Bread (1 slice)  Orange  1% Milk (1 cup)	Jeweled Rice and Beans (8 oz)  Kale in Garlic Sauce (1/2 cup)  WW Bread (1 slice)  Pear  1% Milk (1 cup)	Turkey Meat Sauce (3 oz)  WW Pasta (1/2 cup)  Zucchini (1/2 cup)  Apple  WW Bread (1 slice)  1% Milk (1 cup)	Black Bean and Mushroom Veggie Burger (4 oz)  Couscous (1/2 cup)  Steamed Spinach (1/2 cup)  WW Bread (1 slice)  Orange  1% Milk (1 cup)	Sloppy Joe (3 oz) Brown Rice (1/2 cup) Cauliflower (1/2 cup) WW Bread (1 slice Pear 1% Milk (1 cup)	BBQ Chicken (3 oz)  Mashed Sweet Potatoes (1/2 cup)  Broccoli (1/2 cup)  WW Bread (1 slice)  Applesauce (1/2 cup)  1% Milk (1 cup)			

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