



lunch/dinner

Week 1

WG Cheese Pizza
Sliced Zucchini
Roasted Corn & Red Peppers
Fresh Whole Orange
Milk

Braised Chicken Breast
Sweet Peas and Onions
Sweet Potatoes
Fresh Whole Banana
Whole Grain Bread Slice
Fig Cookies
Milk

Flaked Salmon
Diced Carrots
California Blend Vegetables
Orange Juice
Whole Grain Bread Slices (2)
Milk

Pork & Vegetable Eggroll
Asian Vegetable Blend
Whole Fresh Clementine
Colby Jack Cheese Cubes
Oreo Cookies
Milk

White Castle Cheeseburgers
Potato Wedges
Traditional Succotash
Fresh Whole Apple
Milk

Chicken Wings
Diced Redskin Potatoes
Cut Green Beans
Apple Juice
Whole Grain Bread Slice
Chewy Oatmeal Cookie
Milk

Italian Chicken Sausage
Mashed Potatoes
Peppers & Onions
Grape Juice
Whole Grain Bread Slice
Rice Krispie Treat
Milk

Week 2

Grilled Chicken Nuggets
Hash Brown Patty
Mixed Vegetables
Fresh Whole Banana
Whole Grain Bread Slice
Graham Crackers
Milk

Cheese Stuffed Shells with
Low Sodium Tomato Sauce
Italian Vegetable Blend
Fresh Whole Pear
Garlic Texas Toast
Milk

Sliced Turkey Breast
Sweet Potatoes
California Blend Vegetables
Fresh Whole Apple
Whole Grain Bread Slice
Lemon Blueberry Crisps
Milk

Beef Patty
Mini Roasted Potatoes
Brussel Sprouts
Cranberry Juice
Whole Grain Bread Slice
Shortbread Cookies
Milk

Turkey Ham & Cheese Sandwich
Low Sodium Vegetable Soup
Fresh Whole Orange
Milk

Smoked Pork Tips
Asian Vegetable Blend
Peppers & Onions
Grape Juice
Whole Grain Bread Slice
Fig Cookie
Milk

WG Breaded Chicken Patty
Yellow Squash
Broccoli Florets
Orange Juice
Whole Grain Bread Slice
Milk

Week 3

White Castle Cheeseburgers
Cauliflower
Capri Vegetable Blend
Fresh Whole Clementine
Milk

Breaded Chicken Tenders
Potato Wedges
Sweet Corn
Fresh Whole Banana
Whole Grain Bread Slice
Milk

Perogies w/Sour Cream
Sliced Zucchini
Applesauce
Fresh Whole Orange
Whole Wheat Roll
Milk

Lasagna Roll-Ups with
Low Sodium Tomato Sauce
Brussel Sprouts
Fresh Whole Apple
Whole Grain Bread Slice
Milk

Flake Tuna
Diced Redskin Potatoes
Peas & Onions
Orange Juice
Whole Grain Bread Slice
Oreos
Milk

Pulled BBQ Turkey
Sweet Potatoes
Broccoli Florets
Apple Juice
Whole Grain Bread Slice
Chocolate Chip Cookie
Milk

Beef Meatloaf
Baby Lima Beans
Diced Carrots
Orange/Pineapple Juice
Whole Grain Bread Slice
Rice Krispie Treat
Milk

Week 4

Chicken & Noodles with
Peas and Carrots
Raisins
Fresh Whole Banana
Milk

Chicken Parmesan with
Low Sodium Tomato Sauce
Sweet Corn
Fresh Whole Pear
Garlic Texas Toast
Milk

Sliced Turkey Breast
Diced Redskin Potatoes
Traditional Succotash
Grape Juice
Whole Grain Bread Slices (2)
Milk

Bean & Cheese Burrito
Roasted Corn & Red Peppers
Tomato Salsa Cup
Fat Free Sour Cream
Fresh Whole Apple
Chewy Oatmeal Cookie
Milk

Salisbury Steak
Mini Roasted Potatoes
Sliced Mushrooms
Fresh Whole Orange
Whole Grain Bread Slice
Animal Crackers
Milk

Pulled Pork Sandwich
Cut Green Beans
Diced Carrots
Orange Pineapple Juice
Milk

Beef Cube Steak
Baked Potato
Snap Pea Blend
Whole Grain Bread Slices (2)
Milk



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Week 5

WG Breaded Pork Chop
Asparagus
Sliced Peaches
Fresh Whole Clementine
Whole Grain Roll
Milk

WG Breaded Chicken Patty
Baby Lima Beans
Winter Blend Vegetables
Fresh Whole Banana
Whole Grain Bread Slice
Milk

Chopped Beef Brisket
Baked Potato
Fresh Whole Orange
Whole Grain Bread Slice
Graham Crackers
Milk

Turkey Ham & Cheese Sandwich
Low Sodium Tomato Soup
Fresh Whole Apple
Milk

Beef Patty
Mixed Vegetables
Broccoli Florets
Grape Juice
Whole Grain Bread Slice
Shortbread Cookie
Milk

Mushroom Ravioli with Low
Sodium Tomato Sauce
Italian Blend Vegetables
Applesauce
Garlic Toast
Milk

Italian Chicken Sausage
Mashed Potatoes
Peppers & Onions
Cranberry Juice
Whole Grain Bread Slices (2)
Milk

Week 6

Beef Cube Steak
Mashed Potatoes
Snap Pea Blend
Fresh Whole Pear
Whole Grain Bread Slice
Fig Cookie
Milk

Black Bean Burger
Potato Wedges
Capri Vegetable Blend
Fresh Whole Banana
Whole Grain Bread Slice
Chocolate Chip Cookie
Milk

Grilled Chicken Nuggets
Diced Redskin Potatoes
Winter Blend Vegetables
Fresh Whole Apple
Whole Grain Roll
Chewy Oatmeal Cookie
Milk

Beef Patty
Traditional Succotash
Sweet Peas & Onions
Apple Juice
Whole Grain Bread Slice
Animal Crackers
Milk

Sausage, Cabbage & Noodles
w/Peas & Carrots
Raisins
Fresh Whole Orange
Milk

Shredded BBQ Beef
Sweet Corn
Brussels Sprouts
Cranberry Juice
Whole Grain Bread Slice
Strawberry Chex Mix
Milk

Breaded Chicken Tenders
Sweet Potatoes
Cut Green Beans
Orange Juice
Whole Grain Bread Slice
Milk

Week 7

Pulled Pork Sandwich
Broccoli Florets
Baby Lima Beans
Fresh Whole Banana
Milk

Seasoned Turkey Meatballs w/
Low Sodium Tomato Sauce
Brussels Sprouts
Fresh Whole Apple
Garlic Texas Toast
Graham Crackers
Milk

Kraft White Macaroni & Cheese
Cut Asparagus
Mixed Vegetables
Fresh Whole Orange
Milk

Braised Chicken Breast
Sweet Potatoes
Cauliflower Florets
Cranberry Juice
Whole Grain Bread Slices (2)
Milk

Beef Meatloaf
Baked Potato
Fresh Whole Clementine
Whole Grain Bread Slice
Rice Krispie Treat
Milk

Breaded Dill Chicken Nuggets
Hash Brown Patty
Sweet Peas & Carrots
Orange Juice
Oreo Cookies
Milk

Salisbury Steak
Mashed Potatoes
Sliced Mushrooms
Grape Juice
Whole Grain Bread Slices (2)
Milk

Week 8

Kraft Macaroni & Cheese
Sweet Peas
Winter Blend Vegetables
Fresh Whole Apple
Milk

Char-Grilled Chicken Breast
Mini Roasted Potatoes
Cut Green Beans
Apple Juice
Whole Grain Bread Slice
Oreos
Milk

Savory Turkey Burger
Italian Blend Vegetables
Sliced Peaches
Fresh Whole Orange
Whole Grain Bread Slice
Shortbread Cookie
Milk

Flaked Tuna
Diced Redskin Potatoes
Diced Carrots
Fresh Whole Pear
Whole Grain Bread Slice
Graham Crackers
Milk

WG Breaded Pork Chop
Sweet Corn
Broccoli Florets
Veggie Fried Rice
Fresh Whole Banana
Milk

Chopped Beef Brisket
Potato Wedges
Sweet Peas & Onions
Cranberry Juice
Whole Grain Bread Slices (2)
Milk

Turkey Corn Dogs
Capri Vegetable Blend
Brussel Sprouts
Grape Juice
Fig Cookie
Milk