



## SAMPLE WEEKLY MENU

Menu A	AM Snack 7am-8:30am	Lunch 11:30am-12:30pm	Evening Snack 3:30pm-4:30pm	Dinner 5:30pm-6:00pm
Monday	<ul style="list-style-type: none"> <li>• Kix cereal</li> <li>• Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Cheese</li> <li>• WW Toast</li> <li>• Mixed veggies</li> <li>• Oranges</li> <li>• 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Animal Crackers</li> <li>• Bananas</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Alfredo</li> <li>• WW pasta</li> <li>• Broccoli</li> <li>• Peaches</li> <li>• 1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>
Tuesday	<ul style="list-style-type: none"> <li>• WW Eng. muffin</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• WW Chicken nuggets</li> <li>• Coleslaw</li> <li>• Apples</li> <li>• 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Rice cakes</li> <li>• Applesauce</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey taco</li> <li>• WW tortilla</li> <li>• Corn</li> <li>• Tropical Fruit</li> <li>• 1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>
Wednesday	<ul style="list-style-type: none"> <li>• WW Waffles</li> <li>• Tropical fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Beef franks</li> <li>• WW Buns</li> <li>• Baked beans</li> <li>• Cuties</li> <li>• 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Goldfish</li> <li>• Carrot Sticks</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Breast</li> <li>• Brown Rice</li> <li>• Mixed vegetables</li> <li>• Pears</li> <li>• 1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>
Thursday	<ul style="list-style-type: none"> <li>• Life Cereal</li> <li>• Pears</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey &amp; cheese</li> <li>• Sweet rolls</li> <li>• Salad</li> <li>• Bananas</li> <li>• 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>• WW Crackers</li> <li>• Cheese sticks</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ meatballs</li> <li>• WW rolls</li> <li>• Green beans</li> <li>• Pineapples</li> <li>• 1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>
Friday	<ul style="list-style-type: none"> <li>• WW Muffins</li> <li>• Pineapples</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken quesadilla</li> <li>• WW Tortilla</li> <li>• Corn</li> <li>• Orange</li> <li>• 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Sun chips</li> <li>• Celery sticks</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Beef patties</li> <li>• WW buns</li> <li>• Cole slaw</li> <li>• Tropical fruit</li> <li>• 1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>



### SAMPLE WEEKLY MENU

Menu B	AM Snack 7am-8:30am	Lunch 11:30am-12:30pm	Evening Snack 3:30pm-4:30pm	Dinner 5:30pm-6:00pm
Monday	<ul style="list-style-type: none"> <li>Multi grain Cheerios</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Turkey &amp; cheese</li> <li>WW Bread</li> <li>Cole slaw</li> <li>Apples</li> <li>1% milk</li> </ul>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>Carrots</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Ground turkey</li> <li>WW spaghetti</li> <li>Salad</li> <li>Peaches</li> <li>1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>
Tuesday	<ul style="list-style-type: none"> <li>WW Toast</li> <li>Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Beef patties</li> <li>WW Buns</li> <li>Salad</li> <li>Pears</li> <li>1% milk</li> </ul>	<ul style="list-style-type: none"> <li>Pretzels</li> <li>Applesauce</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Taco</li> <li>Corn tortilla chips</li> <li>Salsa</li> <li>Tropical Fruit</li> <li>1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>
Wednesday	<ul style="list-style-type: none"> <li>WW Pancakes</li> <li>Tropical fruit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; Cheese</li> <li>WW Pizza Crust</li> <li>Spinach salad</li> <li>Pineapples</li> <li>1% milk</li> </ul>	<ul style="list-style-type: none"> <li>Ritz Crackers</li> <li>Cheese Sticks</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fish sticks</li> <li>Mac &amp; Cheese</li> <li>Vegetable medley</li> <li>Pears</li> <li>1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>
Thursday	<ul style="list-style-type: none"> <li>Chex Cereal</li> <li>Pears</li> </ul>	<ul style="list-style-type: none"> <li>Chicken franks</li> <li>WW bread</li> <li>Caesar Salad</li> <li>Bananas</li> <li>1% milk</li> </ul>	<ul style="list-style-type: none"> <li>WG Sun Chips</li> <li>Oranges</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>BBQ chicken</li> <li>WW Rolls</li> <li>Green beans</li> <li>Pineapples</li> <li>1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>
Friday	<ul style="list-style-type: none"> <li>WW bagel</li> <li>Pineapples</li> </ul>	<ul style="list-style-type: none"> <li>Turkey BLT</li> <li>WW Bread</li> <li>Salad</li> <li>Applesauce</li> <li>1% milk</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Crackers</li> <li>Peaches</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; Cheese</li> <li>WW Pizza Crust</li> <li>Salad</li> <li>Tropical fruit</li> <li>1% milk</li> </ul>
	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>	Whole Grain <input type="checkbox"/>	Whole Grain <input checked="" type="checkbox"/>