

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>		1 Stuffed peppers Mac and cheese Mixed veggies Applesauce WW roll Milk	2 Taco (beef) w cheese and salsa Brown rice/beans Mixed veggies WW tortilla Orange Milk	3 Chef salad Potato salad Pear Biscuit Milk	4 Veg quiche Potatoes w peppers and onions Sauteed kale French toast w syrup Orange Milk
<u>WEEK TWO</u>	7 Closed Labor Day	8 Hot dog on WW bun Baked beans Green beans Tropical fruit Ketc/must/relish Milk	9 BBQ chicken Mac and cheese Greens Cornbread Applesauce Milk	10 Egg salad Tossed salad Tom/cucumber salad WW bread Pear Milk	11 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK THREE</u>	14 Meatball and eggplant tagine Green beans Rice Naan Pineapple Milk	15 Veg chili Greens Mashed potatoes Watermelon Cornbread Milk	16 Hamburger on WW bun w/mustard, mayo, ketchup Baked beans Green beans Tropical fruit Milk	17 Tuna salad sandwich Snap pea salad Tomato cucumber salad Peaches (2) WW bread Milk	18 Chicken piccata Mashed potatoes Spinach Banana Biscuit Milk

<u>WEEK</u> <u>FOUR</u>	21 Chicken parm Penne marinara Greens Pineapple WW bread Milk	22 Butter chicken Basmati rice Diced carrots Kale Naan Applesauce Milk	23 Ravioli w meat sauce Okra/tomatoes Baby carrots WW bread Lemon raspberry cup Milk	24 Turkey and cheese sandwich on WW bread Veggie pasta salad Veggie slaw Banana Milk	25 Vegetarian lasagna Spinach Corn WW bread Birthday dessert Milk
<u>WEEK</u> <u>FIVE</u>	28 Jambalaya Green beans Peas and carrots Biscuit Mandarin oranges Milk	29 Sloppy Joes on WW bun Mac and cheese Cabbage Watermelon Milk	30 Chicken lo mein Bok choy Corn Pineapple Naan Milk		