

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>				1 Stuffed peppers Mac and cheese Mixed veggies Applesauce WW roll Milk	2 Veg quiche Potatoes w peppers and onions Sauteed kale French toast w syrup Orange Milk
<u>WEEK TWO</u>	5 Tortellini w turkey sausage and roasted red pepper sauce Spinach Diced carrots WW bread Peaches Milk	6 Taco (beef) w cheese and salsa Brown rice/beans Mixed veggies WW tortilla Orange Milk	7 BBQ chicken Mac and cheese Greens Cornbread Applesauce Milk	8 Chicken fettechini alfredo Carrots Spinach WW roll Tropical fruit Milk	9 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK THREE</u>	12 Meatball and eggplant tagine Green beans Rice Naan Pineapple Milk	13 Veg chili Greens Mashed potatoes Watermelon Cornbread Milk	14 Hamburger on WW bun w/mustard, mayo, ketchup Baked beans Green beans Tropical fruit Milk	15 Tuna salad sandwich Snap pea salad Tomato cucumber salad Peaches (2) WW bread Milk	16 Chicken piccata Mashed potatoes Spinach Banana Biscuit Milk
<u>WEEK FOUR</u>	19 Chicken parm Penne marinara Greens Pineapple WW bread Milk	20 Butter chicken Basmati rice Diced carrots Kale Naan Applesauce Milk	21 Ravioli w meat sauce Okra/tomatoes Baby carrots WW bread Lemon raspberry cup Milk	22 Grilled chicken Roasted root veggies Greens Cornbread Mandarin oranges Milk	23 Vegetarian lasagna Spinach Corn WW bread Banana Milk
<u>WEEK FIVE</u>	26 Jambalaya Green beans Peas and carrots Cajun biscuit Mandarin oranges Milk	27 Sloppy Joes on WW bun Mac and cheese Cabbage Watermelon Milk	28 Chicken lo mein Bok choy Corn Pineapple Naan Milk	29 Italian sausage on WW hot dog bun Cabbage Diced carrots Mustard/ketchup Strawberry kiwi cup Milk	30 Roasted turkey w gravy Mashed potatoes Green beans Pie Biscuit Milk