

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios with Milk	Oatmeal with Berries & Milk	English Muffins with Wow Butter & Milk	Rice Crispies with Milk	Yogurt with Granola & Fruit
Lunch	Lentil & Vegetable Curry with Rice, Fruit & Milk	Tuna Pasta with Alfredo & Green Peas Fruit & Milk	Chicken & Veggie Stew with Rice Fruit & Milk	Basil Tomato and Bean Soup with Bread, Fruit & Milk	Beef Shepherd's Pie with mixed Vegetables, Fruit & Milk
Substitutes		Bean Medley Pasta	Chickpea Stew		Tofu Shepperd's Pie
Afternoon Snack	Pita Bread and Salsa & Fruit	Cheese and Crackers & Fruit	Whole Grain Trail Mix with Raisins & Fruit	Goldfish Crackers Cucumber slices & Fruit	Arrowroot Cookies Carrot Slices & Fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios with Milk	Oatmeal with Berries & Milk	English Muffins with Wow Butter & Milk	Rice Crispies with Milk	Yogurt with Granola & Fruit
Lunch	Beef & Veggie Stew with Rice, Fruit & Milk	Bean & Tomato Pasta Bake, peas Fruit & Milk	Chicken & Veggie Soup with Bread, Fruit & Milk	Macaroni & Cheese Roasted Chickpeas Steamed Corn, Fruit & Milk	Vegetable Chili With Beans & Rice, Fruit & Milk
Substitutes	Tofu & Veggie Stew		Veggie and Lentil Soup		
Afternoon Snack	Pita Bread and Salsa & Fruit	Cheese and Crackers & Fruit	Whole Grain Trail Mix with Raisins & Fruit	Goldfish Crackers Cucumber slices & Fruit	Arrowroot Cookies Carrot Slices & Fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios with Milk	Oatmeal with Berries & Milk	English Muffins with Wow Butter & Milk	Rice Crispies with Milk	Yogurt with Granola & Fruit
Lunch	Tomato, Tofu and Cheese Pasta Bake Peas & Carrots Fruit & Milk	Beef Shephard's Pie with Mixed Vegetables Fruit & Milk	Bean Medley and Rice Casserole with Steamed Broccoli Fruit & Milk	Chicken and Vegetable Stew Rice Fruit & Milk	Potato & White Bean Soup with Bread Fruit & Milk
Substitutes		Bean Shephard's Pie		Vegetable & Lentil Stew	
Afternoon Snack	Pita Bread and Salsa & Fruit	Cheese and Crackers & Fruit	Whole Grain Trail Mix with Raisins & Fruit	Goldfish Crackers Cucumber slices & Fruit	Arrowroot Cookies Carrot Slices & Fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios with Milk	Oatmeal with Berries & Milk	English Muffins with Wow Butter & Milk	Rice Crispies with Milk	Yogurt with Granola & Fruit
Lunch	Spaghetti with beef/Tomato Sauce Green Beans Fruit/Milk	Grilled Cheese Sandwiches/Steamed mixed veggies Fruit/Milk	Creamy Potato Soup with Chickpeas with Bread Fruit/Milk	Chicken and Vegetable Stew Rice Fruit/Milk	Tuna Pasta with Alfredo & Green Peas Fruits/Milk
Substitutes	Chickpea Tomato Sauce			Vegetable & Lentil Stew	Bean Pasta with Tomato Sauce
Afternoon Snack	Pita Bread and Salsa & Fruit	Cheese and Crackers & Fruit	Whole Grain Trail Mix with Raisins & Fruit	Goldfish Crackers Cucumber slices & Fruit	Arrowroot Cookies Carrot Slices & Fruit