

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French toast, turkey sausage, and milk	Oatmeal, yogurt, and milk	Cinnamon toast, sliced fresh apples, and milk	Cereal, yogurt, and milk	“Eggo Minis,” turkey sausage, and milk
Lunch	Pepperoni pizza, mixed vegetables, pears and milk	Beef and bean burritos, baked beans, apple sauce and milk	Ravioli, breadsticks, green beans, mandarin oranges, and milk	BBQ chicken, roll, mashed potatoes, sliced apples and milk	Spaghetti and meat sauce, garlic bread, broccoli, peaches and milk
Afternoon Snack	Chocolate chip cookies and milk	Goldfish and milk	Graham crackers and milk	Pretzels and milk	Sugar cookies and milk
Additional Foods (Optional)					