

		Monday	Tuesday	Wednesday	Thursday	Friday
GF=Gluten Free		E=Egg	D=Dairy	V=Vegetarian	DF=Dairy Free	EF=Egg Free
Week 1	AM	rice cake with cream cheese (D)	Fruit & Cereal (V, EF, DF)	Pancakes (DF, EF,V, GF)	Oatmeal raisin balls (DF, GF)	Yogurt and Granola (D)
	Lunch	Grilled Cheese with ham (D), Fruit and Sweet Potato	Beef Chili, cornbread (E, D), Fruit	BBQ Chicken Sandwich(DF,EF),fruit & roasted Potatoes (DF)	Bean & Cheese Quesadilla (D) corn & fruit	Pasta shells with pesto sauce (DF, V), carrots and fruit
	PM	Fruit & Veg Smoothie (DF)	Hummus & Pita Bread (DF, EF, V)	Apple Sauce & Crackers (D, V)	soft Pretzels and fruit (D)	Sausage & Toast (DF, EF)
Week 2	AM	Ham and english muffin (DF, EF)	Waffles (DF, EF)	Mixed berry muffins	Yogurt and Granola (D)	Bagel with Sunbutter (V, DF)
	Lunch	Cheesy Chicken and Broccoli with white rice (D, EF), fruit	Sloppy Joes (DF, EF) normandy blend with Fruit	Turkey Quesidilla (D, EF), black beans, fruit	pasta with tomato sauce, Garlic Bread (DF,EF,V) Fruit & Cauliflower	Vegetarian Burrito bowl with cilantro rice (DF, EF), black beans, corn, Fruit
	PM	Fruit & Cereal (V, EF, DF)	Fruit & Veg Smoothie (DF)	Sausage & Toast (DF, EF)	fruit & Cheese (D)	Apple Sauce and Crackers (V)
Week 3	AM	Apple Sauce & Cheese Cubes (D)	Fruit & Cereal (V, EF, DF)	cream cheese (D) on a rice cake	Pancakes (DF, EF,V, GF)	Oatmeal raisin balls (DF, GF)
	Lunch	Veggie Burger (V, EF, DF), mashed sweet potatoes (EF, DF) & Fruit	Chicken Pot Pie (D, EF) w/ roll (DF, EF), mixed veggies, fruit	Beef Enchilada (D, EF) Bake with Carrots & Fruit	Turkey Meatloaf (DF,EF), mixed veggies, fruit	Cheese Ravioli (D, V), carrots, fruit, bread
	PM	Chicken Sausage & Toast (DF GF,EF)	Tortillas and Beans	Almond Butter & Apple Slices (V)	soft Pretzels and sunbutter (V, DF, EF, GF)	Fruit & Veg Smoothie (DF)
Week 4	AM	Hummus & Pita Bread (DF, EF, V)	Waffles (DF, EF)	Ham & Tortilla (V, DF)	Oatmeal Bake (GF, DF)	Mixed Berry Muffins (DF, EF)
	Lunch	Cheese Pizza (D, V, EF), fruit and cauliflower	Turkey Meatball Sliders (EF,DF), mixed veggies & fruit (EF)	Beef Lasgna (EF, D), Carrots, & Fruit	Pulled Pork Sandwich (EF, DF) with Roasted Potatoes & Fruit	Vegetarian Mexican Rice Casserole (D, EF, V), Fruit
	PM	Fruit & Cereal (V, EF, DF)	Animal Crackers & Cheese (D, V)	Fruit & Veg Smoothie (DF)	Almond Butter & Apple Slices (V, DF)	Chicken Sausage & Toast (DF, GF, EF)