

**Girls Weeks**

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast		Bananas Pancakes with fruit	Oranges Oatmeal - Peaches and Cream Cold Cereal Toast	Bananas French Toast	Oranges Oatmeal - apple cinnamon Cold Cereal Toast	Bananas Muffins Fruit Salad	
		Tossed Veggie Salad Make your own Sub	Tossed Veggie Salad Chicken Burgers Mixed California Vegetables	Veggies/Dip Grilled Cheese Soup	Caesar Salad Chicken Caesar Wraps	Lots Veggies/Dip Pizza Caesar Salad	
Lunch		Veggies/Dip Hotdogs Tossed Salad	Veggies/Dip Spaghetti (sauce on side) Texas Toast	Veggies/Dip Ham, Corn, Roasted Potato Chunks	Ceasar Salad Macaroni & Cheese with Brocoli	Veggies/Dip Pasta Salad Chicken Nuggets Carrots	
		Apple Sauce	Brownies	Cupcakes w Filling	Cookies		
Dinner	Apples	Yogurt	Freezies	Taco Dip	Ice Cream Cups		
Snack							
	Available Every Meal	Breakfast	Jam, Honey, Margarine, Fresh Bread, Cold Cereal, Milk, Fruit, 100% Fruit Juice				
		Lunch	Chilled Juice, Water, Bread or Crackers, Margarine, Condiments				
Dinner		Juice, Water, Milk, Margarine, Dinner Rolls or Bread					

Boys Weeks						
Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Bananas Pancakes with fruit topping and syrup	Oranges Oatmeal (peaches and cream)	Bananas Scrambled eggs and hashbrowns and sausage	Oranges Oatmeal (apple cinamon)	Bananas French Toast
Lunch		Subs Taco Salad	Veggies / Dip Grilled Cheese Soup	Ceaser Salad Pulled pork on a bun Veggies / Dip	Veggies/Dip Chicken Burgers Pasta Salad	Veggies Pizza Soup
Dinner	Veggies/Dip Tossed Veggie Salad Hamburgers	Veggies / Dip Chicken Alfredo Pasta Texas Toast Cookies	Veggies/Dip Oktoberfest Sausages Roast Potatoes Corn Cupcakes w Filling	Veggies / Dip Sloppy Joes Potatoe Wedges Brownies	Tossed Veggies Salad Shepherd's Pie Cookies	
Snack	Apples	Muffins	Freezies	Nacho's and Cheese	Ice Cream Cups	
Available Every Meal		Breakfast	Jam, Honey, Margarine, Fresh Bread, Cold Cereal, Milk, Fruit, 100% Fruit Juice			
		Lunch	Chilled Juice, Water, Bread or Crackers, Margarine, Condiments			
		Dinner	Juice, Water, Milk, Margarine, Dinner Rolls or Bread			