

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Item	Item	Item	Item	Item	Item	Item
Breakfast							
Protein	Peanut Butter, 2 Tbs	Scrambled Egg, 2			Veggie omelet (2 eggs, diced tomatos, peppers, spinach, cheese)		Scrambled Egg (for breakfast Burro): 1/4 cup salsa = .5 veg
Grain	English Muffin 1	Whole wheat toast, 2 slice	Dry Unsweetened Cereal, 1 cup:1/2 toasted english muffin w/jam	Oatmeal, 1/2 c, WW toast with jam, 1 slice	WW toast, 2 slices	Pancakes, 2 w/syrup	8" flour tortilla (for Burro)
Fruit	Orange Juice, 1/2 c	Orange juice, 1/2 c	Apple juice, 1/2 c	Grape juice, 1/2 c	Juice blend, 1/2 c	Orange juice, 1/2 c	Apple juice, 1/2 c
Dairy	2% Milk, 1 cup	2% Milk, 1 cup	2% Milk, 1 cup	2% Milk, 1 cup	2% Milk, 1 cup	2% Milk, 1 cup	2% Milk, 1 cup
Lunch							
Protein	Turkey Burger, 3 oz	Cheese slice (1 oz) for grilled chz sw	Chicken Tenders, 3 oz	black beans (1/2 c) cheddar cheese (1 oz) (x 2 quesadillas)	Ham, 1 slice cheese, 1 slice	Tuna Mac and cheese 1 c.	Hot dog (1)
Grain	Hamburger bun, 1	Whole grain bread, 2 slices (for chz sw)	Dinner roll	6 " corn or flour tortilla (2 each)	bread, 2 slices		Bun (whole)
Fruit	Apple slices, 1/2 c	Grapes, 1 c	Strawberries, 1 c	Banana, 1/2	Orange slices, 1/2 c	Grapes, 1 c	Melon cubes, 1 c
Vegetable	Sliced tomatos, pickles, onions	Cream of tomato soup, 1 c.	Tossed salad 1 c., tater tots, 1/2 c	pico de gallo 1/4c, lettuce	Vegetable soup 1 c. sliced tomatos, lettuce, pickles	Peas, 1/2 c	Potato salad, 1/2 c; tossed salad
Dairy	Milk, 2%, 1 c	(cheese for s/w), Milk, 2%, 1 c	Milk, 2%, 1 c	Milk, 2%, 1 c	Milk, 2%, 1 c	Milk, 2%, 1 c	Milk, 2%, 1 c

WEEK ONE

Pm Snack							
Protein			Turkey lunchmeat slices 2@ (roll-ups)			Peanut butter, 2 Tbs	Cheese stick, 1
Grain	Graham Crackers, 2	Oatmeal cookies, 2	10 "Tortilla (to wrap meat and veg)	Peanut butter cookies	Cheese crackers, 1/2 c	WW bread 1 slice (for 1/2 pbj s/w)	Saltines, 6 @
Fruit					Grapes, 1/2 c		
Vegetable		carrot sticks, 1 c.	Tomato, avocado			Celery sticks 1 c.	
Dairy							
Fat							
Dinner							
Protein	Chicken Klobs (3 oz)	Baked Salmon, 4 oz	2 oz shredded mozzarella (for pita pizzas)	Oven "fried" breaded pork chops, 3 oz	Beans (refried or canned) 1/2 c - for bean burro: 1 oz cheese	Hamburger patty	Chicken and dumplings
Grain	Pita half: chocolate cupcake for dessert (1)	Brown rice amondine, 1/2 c = Dinner roll and margarine	Pita (whole): Fruit crumble	Dinner roll: strawberry shortcake	10" tortilla, 1 @. Mexican rice, 1/2 c	hamburger bun, 1@	(Dumplings x 2)
Fruit	Fresh fruit salad, 1/2 c	Canned Peaches, 1/2 c			Canned pears, 1/2 c	Baked sliced cinnamon apples to top ice cream, 1/2 c.	Fruit cocktail, 1/2 c
Vegetable	Roasted tomatos 1/2 c: + 1/2 ear of corn roasted	Steamed Summer squash, 1/2 c.	tomato sauce, 1/2 c: side salad, 1 c	Steamed broccoli w/cheese sauce, 1/2 c.; Mashed potatoes 1/2 c	Diced tomatos, onions, peppers (pico) 1/4 c	Sliced tomatos, pickle, lettuce: French fries	Green beans, 1/2 c, Corn, 1/2 c
Dairy	2% Milk, 1 cup	2% milk, 1 cup	2% milk, 1 cup	2% milk, 1 cup	2% milk, 1 cup	2% milk, 1 cup, Ice cream 1/2 c	2% milk, 1 cup

WEEK ONE