

NEW MENU: WEEK 1

	BREAKFAST	AM SNACK	LUNCH	PM SNACK	LATE PM SNACK
M O N	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	YOGURT WITH FRUITS	COLD BUFFET: PITA CHIPS & HUMMUS COLD CUTS & PEPPERONI VEGGIES	APPLE SAUCE FROM STORE OATMEAL E COOKIES	REMAINING SNACKS AND TRAIL MIX
T U E	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	PROTEIN BALLS HOME MADE: OAT-WOW BUTTER-FLAX SEEDS	PASTA BOWL CHICKEN, SAUCE, PEAS	APPLE SLICE TREATS SUNFLOWER SEED BUTTER RAISINS, HEMP HEART	REMAINING SNACKS AND TRAIL MIX
W E D	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	BAGELS CREAM CHEESE	SWISS-HAM* CROISSANT *OR TURKEY VEGGIES & DIP	BANANA BREAD HOME MADE	REMAINING SNACKS AND TRAIL MIX
T H U	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	MELONS & GRAPES	QUESADILLAS IN TORTILLAS VEGETABLE PLATE	HARVEST BREAD HOME MADE	REMAINING SNACKS AND TRAIL MIX
F R I	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	SMOOTHIES BERRIES & FPEDIASURE	LASAGNA VEGETARIAN STEAMED BROCCOLI	PEACHES CANNED CRACKERS	REMAINING SNACKS AND TRAIL MIX
WATER THROUGHOUT THE DAY ; MILK AT MEALS.					

NEW MENU: WEEK 2

	BREAKFAST	AM SNACK	LUNCH	PM SNACK	LATE PM SNACK
M O N	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	YOGURT WITH FRUITS	GRILLED CHEESE WITH CHEDDAR COLD CUTS & VEGGIES	APPLE SAUCE FROM STORE OATMEAL E COOKIES	REMAINING SNACKS AND TRAIL MIX
T U E	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	PROTEIN BARS HOME MADE: OAT-WOW BUTTER-FLAX SEEDS	MEAT BALLS WITH MASHED POTATOES STEAMED BROCOLI	APPLE SLICE WITH OR WITHOUT: SUNFLOWER SEED BUTTER RAISINS, HEMP HEART	REMAINING SNACKS AND TRAIL MIX
W E D	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	BAGELS CREAM CHEESE	WAFFLES FRUITS & YOGURT SAUSAGES	BANANA MUFFIN HOME MADE WITH FRUITS	REMAINING SNACKS AND TRAIL MIX
T H U	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	MELONS & GRAPES	SALMON PIES HOME MADE STEAMED VEGGIES	FRUIT PIZZA HOME MADE	REMAINING SNACKS AND TRAIL MIX
F R I	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	SMOOTHIES GREEN GRAPES & SPINACH	NOODLE SOUP CARROTS & CHICKEN CRACKERS & CHEESE	FRUITS BUFFET VARIETY CRACKERS	REMAINING SNACKS AND TRAIL MIX

WATER THROUGHOUT THE DAY ; MILK AT MEALS.

NEW MENU: WEEK 3

	BREAKFAST	AM SNACK	LUNCH	PM SNACK	LATE PM SNACK
M O N	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	YOGURT WITH FRUITS	BANANA ROLLS WOW BUTTER, HEMP HEART COLD CUTS & VEGGIES	APPLE SAUCE FROM STORE OATMEAL E COOKIES	REMAINING SNACKS AND TRAIL MIX
T U E	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	PROTEIN SNACKS HOME MADE: OAT-WOW BUTTER-FLAX SEEDS	WURST SAUSAGE* OR CHICKEN SAUSAGES MASHED POTATOES	BANANAS & KIWIS	REMAINING SNACKS AND TRAIL MIX
W E D	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	BAGELS CREAM CHEESE	CREPES FRUITS & YOGURT SAUSAGES	HARVEST MUFFIN HOME MADE	REMAINING SNACKS AND TRAIL MIX
T H U	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	MELONS & GRAPES	MAC & CHEESE WITH COLD CUTS & VEGETABLES	VEGGIES, HUMMUS & CRACKERS	REMAINING SNACKS AND TRAIL MIX
F R I	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	SMOOTHIES PEACHES & YOGURT	CHICKEN POT PIES HOME MADE VEGGIES	PEACHES CANNED CRACKERS	REMAINING SNACKS AND TRAIL MIX
WATER THROUGHOUT THE DAY ; MILK AT MEALS.					

NEW MENU: WEEK 4

	BREAKFAST	AM SNACK	LUNCH	PM SNACK	LATE PM SNACK
M O N	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	YOGURT WITH FRUITS	SANDWICH BUFFET CHICKEN, CHEESE WHIZ VEGGIES & CHEESE	APPLE SAUCE FROM STORE OATMEAL E COOKIES	REMAINING SNACKS AND TRAIL MIX
T U E	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	PROTEIN BALLS HOME MADE: OAT-WOW BUTTER-FLAX SEEDS	CHICKEN FINGER HOME MADE VEGETABLES	APPLE SLICE TREATS SUNFLOWER SEED BUTTER RAISINS, HEMP HEART	REMAINING SNACKS AND TRAIL MIX
W E D	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	BAGELS CREAM CHEESE	PEROGIES STORE BOUGHT STEAMED VEGGIES	OAT MUFFINS HOME MADE	REMAINING SNACKS AND TRAIL MIX
T H U	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	MELONS & GRAPES	EGG QUICHES WITH COLD CUTS & VEGETABLES	VEGGIES, CHEESE	REMAINING SNACKS AND TRAIL MIX
F R I	SELECTION: OATMEAL, TOAST, CEREAL, FRUITS	SMOOTHIES BERRIES & FPEDIASURE	CHEESE PIZZA PIZZA HUT	FRUIT BUFFET CRACKERS	REMAINING SNACKS AND TRAIL MIX

WATER THROUGHOUT THE DAY ; MILK AT MEALS.

