

Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh orange wedges Water	½ cup of Fruit Water	½ -1 cup yogurt Water	Pretzels stick& Raisins Water	1 – 2 pieces dried mango slices
Lunch	1 cup Vegetable or chicken/veggie soup 1oz grated chesse, 1/2 cup of strawberry with yogurt on top Water	Quesadilla, shredded lettuce, chopped tomatoes Pinto beans ½ fresh banana Water	¼-1/2 turkey sandwich ¼-1/2 cup steamed zucchini ½ cup strawberries Water	6-8 whole grain crackers 1-2 slices meat and cheese 5-10 cherry tomatoes Fresh berries Water	¼-1/2 Peanut Butter sandwich ¼-1/2 cup tomato soup ¼-1/2 cup canned peaches or mixed fruit cup Water
PM Snach	Apple slices & pretzels stick Milk	¼-1/2 peanut butter & jelly sandwich Milk	½-1 cup fruit smoothie	Fresh Banana with peanut butter dip Milk	2 small oatmeal cookies with raisins Milk

Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Piece of fruit Water	Dried Mango Water	Cheese & Crackers Water	Pretzels&Raisins Water	Raisins&Cookies Water
Lunch	1 cup of vegetable soup ¼ cup shredded cheese Water	2-3 oz grilled Steak ½ cup of Rice & Corn Water	2-3 oz grilled Fish ½ cup Mashed Potatoes ¼ cup Peas Water	½ -1 cup spaghetti with Tomato Sauce ¼-1/2 cup steamed summer squash sprinkled with cheese Water	2-3 oz baked Chicken strips CousCous & Steamed Veggies Water
PM Snach	2 small oatmeal cookies with raisins Milk	Fresh Banana with peanut butter dip Milk	Apple slices & pretzels stick Milk	½-1 cup fruit smoothie	Brown rice cake spread with peanut butter & jelly Milk