

Week 1 Meal Calendar WW= whole wheat

	<small>Breakfast</small>	<small>Lunch</small>	<small>Snack</small>
Monday	Selection of Cold Cereal (less than 6g sugar) & Banana	Hot Dog, WW bun, Corn, Peaches	Cheez-its & Carrots
		Lunch	Snack
Tuesday	Oatmeal mixed with assorted fruits	Make Your Own Tacos, Mixed Fruit	Fresh Vegetable Selection & Ranch Yogurt Dip
	Breakfast	Lunch	Snack
Wednesday	Toasted Bagel with jam or butter, Apple Slices	Homemade Macaroni & Cheese, Broccoli/ Cauliflower mix, Grapes	WW Crackers and Peanut Butter
	Breakfast	Lunch	Snack
Thursday	Graham Crackers and Cream Cheese	Scrambled Egg/ Egg Frittata, Home Fries, Sausage, Raisins	Cheerios & Banana
	Breakfast	Lunch	Snack
Friday	Pancake/Waffle/ Fr.Toast & Blueberries	Homemade Pizza with Assorted Toppings, Green Beans, Pears	Fresh made Smoothie & WW Crackers

Week 2 Meal Calendar WW= whole wheat

	Breakfast	Lunch	Snack
Monday	Selection of Cold Cereal (less than 6g sugar) & Banana	Cheeseburger Sliders, Corn, Mandarin Oranges	Cheez-its & Carrots
		Lunch	Snack
Tuesday	Egg Frittata w/ assorted Fillings & WW Toast	Chicken & Broccoli Alfredo, Banana	Fresh Vegetable Selection & Ranch Yogurt Dip
	Breakfast	Lunch	Snack
Wednesday	Toasted Bagel with jam or butter, Apple Slices	Grilled Cheese on WW Bread, Cucumber, Kiwi	WW Crackers and Peanut Butter
	Breakfast	Lunch	Snack
Thursday	Graham Crackers and Cream Cheese	Fish Sticks, Rice Pilaf, Applesauce, Carrots	Cheerios & Banana
	Breakfast	Lunch	Snack
Friday	Pancake/Waffle/ Fr.Toast & Blueberries	Make Your Own Yogurt Parfaits, Assorted Fruits, Granola	Fresh made Smoothie & WW Crackers

Week 3 Meal Calendar WW= whole wheat			
	Breakfast	Lunch	Snack
Monday	Selection of Cold Cereal (less than 6g sugar) & Banana	WW Filled Pasta, Sauce, WW Bread & Butter, Mixed Veggies, Grapes	Cheez-its & Carrots
Tuesday	Oatmeal mixed with Assorted Fruits	Make Your Own Tacos, Mixed Fruit	Fresh Vegetable Selection & Ranch Yogurt Dip
Wednesday	Toasted Bagel with jam or butter, Apple Slices	Scrambled Eggs/Frittata, Sausage, Cous-Cous, Blueberry	WW Crackers and Peanut Butter
Thursday	Graham Crackers and Cream Cheese	Hot Dog, WW Bun Corn, Apples	Cheerios & Banana
Friday	Pancake/Waffle/ Fr.Toast & Blueberries	Homemade WW Pizza with assorted toppings, Green Beans, Peaches	Fresh made Smoothie & WW Crackers
Week 4 Meal Calendar WW= whole wheat			
	Breakfast	Lunch	Snack
Monday	Selection of Cold Cereal (less than 6g sugar) & Banana	Chicken & Broccoli Cheesy Rice, Pears	Cheez-its & Carrots
Tuesday	Egg Frittata w/ assorted Fillings & WW Toast	PB&J on WW Bread, Cucumber, Cheese Stick, Apples	Fresh Vegetable Selection & Ranch Yogurt Dip
Wednesday	Toasted Bagel with jam or butter, Apple Slices	Cheeseburger Sliders, Corn, Banana	WW Crackers and Peanut Butter
Thursday	Graham Crackers and Cream Cheese	WW Macaroni with Meatballs & Sauce, Peas, Raisins	Cheerios & Banana
Friday	Pancake/Waffle/ Fr.Toast & Blueberries	Homemade French Toast w/ WW Bread Sw. Potato Fries, Yogurt, Strawberries	Fresh made Smoothie & WW Crackers