Week 1 Meal Calendar	WW= whole wheat		
Monday	Selection of Cold Cereal (less than 6g sugar) & Banana	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 Calenda	r 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 Calenda	r WW= whole wheat		
	Breakfast	Lunch	Snack
	Selection of Cold Cereal	WW Filled Pasta, Sauce,	Cheez-its & Carrots
Manda	(less than 6g sugar) &	WW Bread & Butter, Mixed	
Monday	Banana	Veggies, Grapes	
		Lunch	Snack
	Oatmeal mixed with	Make Your Own Tacos,	Fresh Vegetable
Tuesday	Assorted Fruits	Mixed Fruit	Selection & Ranch
,			Yogurt Dip
	Breakfast	Lunch	Snack
	Toasted Bagel with jam	Scrambled	WW Crackers and
	or butter, Apple Slices		Peanut Butter
Wednesday	or butter, Apple Stices	Eggs/Frittata, Sausage,	reallut butter
		Cous-Cous, Blueberry	
	Breakfast	Lunch	Snack
	Graham Crackers and	Hot Dog, WW Bun Corn,	Cheerios & Banana
Thursday	Cream Cheese	Apples	
Hursday			
	Breakfast	Lunch	Snack
	Pancake/Waffle/	Homemade WW Pizza	Fresh made Smoothie &
Friday	Fr. Toast & Blueberries	with assorted toppings,	WW Crackers
·		Green Beans, Peaches	
W 1 4 W 1 C 1 1	NAMAY		
Week 4 Meal Calenda	WW= whole wheat	Lunch	Spack
Week 4 Meal Calenda	Breakfast	Lunch	Snack
	Breakfast Selection of Cold Cereal	Chicken & Broccoli	Snack Cheez-its & Carrots
Week 4 Meal Calendar  Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) &		-
	Breakfast Selection of Cold Cereal	Chicken & Broccoli	-
	Breakfast Selection of Cold Cereal (less than 6g sugar) &	Chicken & Broccoli	-
	Breakfast Selection of Cold Cereal (less than 6g sugar) &	Chicken & Broccoli Cheesy Rice, Pears Lunch	Cheez-its & Carrots
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana	Chicken & Broccoli Cheesy Rice, Pears Lunch	Cheez-its & Carrots  Snack Fresh Vegetable
	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted	Chicken & Broccoli Cheesy Rice, Pears Lunch PB&J on WW Bread,	Cheez-its & Carrots  Snack Fresh Vegetable
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples	Cheez-its & Carrots  Snack Fresh Vegetable Selection & Ranch Yogurt Dip
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples Lunch	Cheez-its & Carrots  Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders,	Cheez-its & Carrots  Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack WW Crackers and
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples Lunch	Cheez-its & Carrots  Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders,	Cheez-its & Carrots  Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack WW Crackers and
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders,	Cheez-its & Carrots  Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack WW Crackers and
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam or butter, Apple Slices	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples Lunch Cheeseburger Sliders, Corn, Banana	Snack Fresh Vegetable Selection & Ranch Yogurt Dip Snack WW Crackers and Peanut Butter
Monday  Tuesday  Wednesday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam or butter, Apple Slices  Breakfast	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders, Corn, Banana  Lunch WW Macaroni with	Cheez-its & Carrots  Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack WW Crackers and Peanut Butter  Snack
Monday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam or butter, Apple Slices  Breakfast Graham Crackers and	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders, Corn, Banana  Lunch WW Macaroni with Meatballs & Sauce,	Cheez-its & Carrots  Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack WW Crackers and Peanut Butter  Snack
Monday  Tuesday  Wednesday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam or butter, Apple Slices  Breakfast Graham Crackers and Cream Cheese	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders, Corn, Banana  Lunch WW Macaroni with Meatballs & Sauce, Peas, Raisins	Snack Fresh Vegetable Selection & Ranch Yogurt Dip Snack WW Crackers and Peanut Butter  Snack Cheerios & Banana
Monday  Tuesday  Wednesday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam or butter, Apple Slices  Breakfast Graham Crackers and Cream Cheese  Breakfast	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders, Corn, Banana  Lunch WW Macaroni with Meatballs & Sauce, Peas, Raisins  Lunch	Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack WW Crackers and Peanut Butter  Snack Cheerios & Banana
Monday  Tuesday  Wednesday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam or butter, Apple Slices  Breakfast Graham Crackers and Cream Cheese  Breakfast Pancake/Waffle/	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders, Corn, Banana  Lunch WW Macaroni with Meatballs & Sauce, Peas, Raisins  Lunch Homemade French Toast	Snack Fresh Vegetable Selection & Ranch Yogurt Dip Snack WW Crackers and Peanut Butter  Snack Cheerios & Banana  Snack Fresh made Smoothie &
Monday  Tuesday  Wednesday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam or butter, Apple Slices  Breakfast Graham Crackers and Cream Cheese  Breakfast	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders, Corn, Banana  Lunch WW Macaroni with Meatballs & Sauce, Peas, Raisins  Lunch Homemade French Toast w/ WW Bread Sw. Potato	Snack Fresh Vegetable Selection & Ranch Yogurt Dip  Snack WW Crackers and Peanut Butter  Snack Cheerios & Banana
Monday  Tuesday  Wednesday  Thursday	Breakfast Selection of Cold Cereal (less than 6g sugar) & Banana  Egg Frittata w/ assorted Fillings & WW Toast  Breakfast Toasted Bagel with jam or butter, Apple Slices  Breakfast Graham Crackers and Cream Cheese  Breakfast Pancake/Waffle/	Chicken & Broccoli Cheesy Rice, Pears  Lunch PB&J on WW Bread, Cucumber, Cheese Stick, Apples  Lunch Cheeseburger Sliders, Corn, Banana  Lunch WW Macaroni with Meatballs & Sauce, Peas, Raisins  Lunch Homemade French Toast	Snack Fresh Vegetable Selection & Ranch Yogurt Dip Snack WW Crackers and Peanut Butter  Snack Cheerios & Banana  Snack Fresh made Smoothie &