






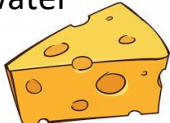

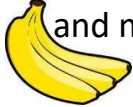







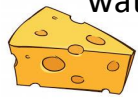



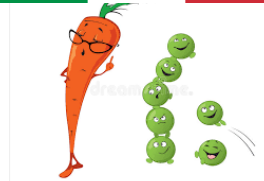


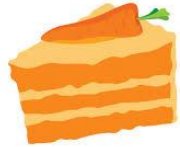




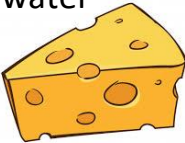


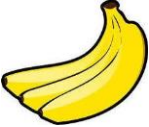


















Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Oatmeal, blueberries and milk	Waffles, fruit and milk 	Toast and fruit with milk 	Scrambled eggs, english muffins and milk	Cereal with milk and fruit 
Lunch	Fish burgers, raw veggies, cheese and milk 	Cheese quesadillas, raw veggies, sour cream and salsa with milk	Perogies and sour cream, beans and steamed veggies with milk 	Penne pasta with chicken, steamed veggies, cheese, and milk 	Beef tacos with lettuce, Cheese, salsa and sour cream with milk 
Pm snack	Vegetable thins, pea butter and fruit with water	Oatmeal cookies with fruit and water	Applesauce, cheese and graham Crackers with water 	Homemade carrot cake with water 	Turkey slices, pineapple and cheese with water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	English muffins with jam, fruit and milk 	Cereal, milk, and fruit 	Oatmeal blueberries and milk 	Waffles, fruit and milk	Hash browns, scrambled eggs and milk
Lunch	Fish sticks with pasta, cheese, veggies and milk 	Lemon chicken rice with coleslaw and milk 	Beef spaghetti, raw veggies, cheese and milk 	Butter chicken, rice, corn and milk 	Grilled cheese sandwiches, raw veggies and milk 
Pm snack	Goldfish crackers, pea butter and apples with water	Berry crisp and water	Cheese, crackers, applesauce and water 	Fruit platter with vegetable crackers and water	Veggies and pita bread with dip and water

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Cereal, milk and fruit 	Bagels and cream cheese with fruit and milk	Toast with jam, fruit and milk	Oatmeal, blueberries and milk	Hash browns, scrambled eggs and milk
Lunch	Lentil soup, cucumbers, cheese, bread & butter, milk	Butter chicken, brown rice, and veggies with milk 	Mini pizzas, raw veggies and milk 	Spaghetti, raw veggies, parmesan cheese and milk 	Chicken roast with rice and salad with milk 
Pm snack	Fruit, cheese, and crackers with water	Jam loaf, fruit, water 	Graham crackers with pea butter and apples, water	Cheese, crackers, pineapples and water	Homemade carrot cake and water 

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Oatmeal, blueberries, and milk	Quiche, fruit, and milk 	Hash browns, scrambled eggs, and milk	English muffins, fruit, and milk	Bagels with cream cheese and milk 
Lunch	Minestrone soup with cheese and bread & butter with milk 	Chicken fingers with steamed veggies and baked beans with milk 	Sloppy joes with steamed veggies and cheese with water 	Grilled chicken pasta with steamed veggies, parmesan cheese and milk	Salmon with rice, tartar sauce, and raw veggies with milk 
Pm snack	Graham crackers, plain yogurt, and frozen strawberries with water	Homemade banana and chocolate chip muffins and water 	Apple sauce, teddy bear crackers and water	Turkey slices, crackers and apples with water	Brownies, fruit and water, 

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Cereal, milk and fruit 	Quiche and fruit with milk 	Egg burritos, bananas and milk 	Toast, scrambled eggs and milk	English muffins, cream cheese/jam and milk 
Lunch	Vegetable chicken noodle soup w/ bread/butter and cheese, milk	Salmon, rice, veggies, sour cream and milk 	Meat loaf with mashed potatoes/vegetables and milk 	Meatballs, pasta, raw veggies with milk	Perogies with beans, steamed veggies and sour cream. Served with milk 
Pm snack	Bananas, graham crackers and cheese, with water	Oatmeal cookies with water 	Goldfish crackers with apples and pea butter, water	Rice cakes with pea butter, fruit, water	Banana bread and water

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Quiche, fruit, milk 	English muffins with jam, fruit, milk	Toast with jam, fruit and milk 	Waffles and fruit with milk 	Bagels with cream cheese, fruit and milk
Lunch	Pizza bagels with raw veggies and milk 	Grilled chicken, mashed potatoes and gravy with veggies, milk 	Spaghetti with parmesan cheese, salad, milk 	Fish sticks, fries and corn, milk	Beef tacos with lettuce, cheese, sour cream and salsa, milk 
Pm snack	Graham crackers and smoothies	Homemade blueberry muffins and water 	Fruit, Goldfish crackers and water	Teddy grahams, pea butter, apples and water	Vegetable thins, fruit, cheese slice, water 