

Week One					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian	Pork	Fish	Poultry	Beef
Morning Snack	Fresh fruit Cottage cheese Water	Cold cereal Berries(fresh or frozen) Milk	Fresh fruit Graham Crackers Milk	Banana bread Fruit Milk	Cinnamon raisin Hot cereal Apple slices Milk
Lunch	Egg & cheese ww wrap Garden salad with dressing Milk	Pork with apple & mustard Sauce Sweet Potato Mash Seasonal Vegetables Multigrain bread Milk	Tuna Noodle Casserole Green Beans Milk	Chicken Fried Rice with Vegetables Milk	Cauliflower Ground Beef Hash Garlic Bread Milk
Afternoon Snack	Snap peas Pretzel sticks Milk	Rice Pudding Fresh fruit Water	Edamame beans Parmesan Rolls Water	Black Bean Brownies Fresh fruit Milk	Vegetable slices with vegetable dip WW Cracker Water

Week Two					
	Monday Vegetarian	Tuesday Pork	Wednesday Fish	Thursday Poultry	Friday Beef
Morning Snack	Multigrain bread toast with Wow butter Fresh fruit Milk	Apples Cheese Milk	HB eggs Mixed melons Milk	Cold cereal Fresh fruit Milk	Cranberry/orange Scones Fresh fruit Milk
Lunch	Vegetarian chilli Cornmeal muffins Milk	Ham & pineapple Pizza Greek salad Milk	Broccoli Cheddar Soup Tuna Wraps Milk	Chicken parmesan in tomato sauce Egg noodles Cooked carrots Milk	Vermicelli&Spaghetti squash mixed Tomato Meat Sauce Milk
Afternoon Snack	"Ants on a log" (Celery, cottage cheese, raisins) Water	Smoothies (fruit and yogurt) Graham Crackers Water	Cucumber slices Cherry tomatoes Cheese cubes Water	Hot spinach dip Vegetable slices Naan bread Water	Baked apple crisp Fresh apples slices Ice cream Milk

Week Three					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian	Pork	Fish	Poultry	Beef
Morning Snack	Cold cereal Fresh fruit Milk	Smoothies WW toast with jam Milk	Pancakes Fresh fruit Milk	Hot cereal Fresh fruit Milk	Banana Muffins Fresh fruit Milk
Lunch	Pan Fried Sesame Tofu Broccoli Rice Milk	Pork and vegetable Stir fry Shell pasta Milk	BBQ herb & garlic fish Mashed potatoes Coleslaw WW Bun Milk	Indian Butter Chicken with Rice California vegetables Naan bread Milk	Beef and Vegetable Stew Bannock bread Milk
Afternoon Snack	Applesauce with Cinnamon & raisins Multigrain bagel Milk	Vegetable slices Yogurt dip Water	Honey cocoa lentil balls Fresh fruit Milk	Roasted Chickpeas Carrot sticks Water	Chef tossed salad with croutons and HB eggs Water

Week Four					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian	Pork	Fish	Poultry	Beef
Morning Snack	Waffles Fruit salad Milk	Fresh fruit WW toast with wow butter and jam Milk	Hot cereal Fresh fruit Milk	Mixed melons English muffin Milk	Pumpkin raisin muffins Fresh fruit Milk
Lunch	Lentil Veggie Pizza Vegetable Slices Milk	Hawaiian pork Seasonal Vegetables Basmati rice Milk	Salmon Chowder Multigrain buns Milk	Chicken & cheese Quesadillas Garden Salad Milk	Beef and broccoli Stir fry Broad rice noodle Milk
Afternoon Snack	Homemade trail mix Dried fruits Water	Cheese pizzas Mixed peppers Water	Banana Sushi Graham Crackers Water	Homemade chocolate pudding Fresh fruit Water	Guacamole Salsa WW pita chips Water

Week Five					
	Monday Vegetarian	Tuesday Pork	Wednesday Fish	Thursday Poultry	Friday Beef
Morning Snack	Hot Cereal Fresh fruit Milk	Apple slices Cottage cheese Milk	Unsweetened apple- sauce Cinnamon ww pita chip Milk	Banana bread Fresh fruit Milk	Flavored yogurt Fresh fruit Water
Lunch	Garden Frittata's ww Toast Hashbrowns Milk	BBQ pork bites Pot barley Sautéed Vegetables Milk	Tuna Pizzas Garden Salad Milk	Zucchini casserole Rotini pasta Milk	Meatloaf Mashed potatoes Seasonal Vegetables WW bun Milk
Afternoon Snack	Smoothies Arrowroot Water	Snap peas Ham & Cheese Pretzel Roll ups Water	Spinach dip (cold) Raw Vegetables Pumpernickel bread Water	Cheese and Cherry tomato kabobs Water	Vegetable slices Roasted Sunflower seeds Milk

Week Six					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian	Pork	Fish	Poultry	Beef
Morning Snack	Cold Cereal Fresh fruit Milk	Wow butter and jam sandwiches Fresh fruit Milk	Smoothies 1/2 multi-grain bagel Milk	Hard boiled eggs Vegetable Slices Milk	Overnight French toast Strawberries Milk
Lunch	Homemade mac n'cheese with butternut squash Greek Salad with chickpeas Milk	Pork Roast Mashed potatoes Seasonal Vegetables Naan bread Milk	Seasoned White fish Hot Quinoa Medley Seasonal Vegetables Milk	Cajun Chicken Penne pasta Broccoli Milk	Homemade burgers ww bun Caesar salad Milk
Afternoon Snack	Snap peas Cheese cubes Water	Asian coleslaw Asian butter cookie Water	Veggie Cream Cheese Raw Vegetables WW Pita chips Milk	Roasted lentils Cucumber slices Water	Oatmeal granola bars Fresh fruit Water

Week Seven					
	Monday Vegetarian	Tuesday Pork	Wednesday Fish	Thursday Poultry	Friday Beef
Morning Snack	Peaches Arrowroots Milk	Berry cornmeal muffin Berries(fresh or frozen) Milk	Trail Mix Fresh fruit Water	Zucchini date bread Fresh fruit Milk	Cold cereal Fresh fruit Milk
Lunch	Sweet chili tofu Seasonal Vegetables Brown rice Milk	Potsticker Noodle Bowl Stir Fry Vegetables Milk	Seasoned fish Barley or Brown Rice Corn Salad Milk	Chicken Sheppard's pie WW Bun Milk	Beef barley soup Fresh bannock Milk
Afternoon Snack	Cheese biscuits Broccoli bites Water	Roasted cauliflower with spices Pretzels Milk	French bread Bruschetta Water	Kale chips Cheese cubes Water	Mini Zuchinni Pizza's WW thins Water

Week Eight					
	Monday Vegetarian	Tuesday Pork	Wednesday Fish	Thursday Poultry	Friday Beef
Morning Snack	Fruit Cheese Water	English muffin with wow butter and jam Fresh fruit Milk	Unsweetened apple- sauce Arrowroots Milk	Bran Muffins Mixed melons Milk	Cold cereal Fresh fruit Milk
Lunch	Minestrone Soup Multigrain Bread Cheese Cubes Milk	Pork roast WW fusilli pasta with Sauteed Vegetables Milk	Lemon Baked Fish Rice Seasonal Vegetables Milk	Poultry Vegetable Soup Grilled cheddar cheese Sandwiches Milk	Lazy man cabbage rolls Multigrain bread Milk
Afternoon Snack	Pumpkin raisin muffins Carrot sticks Milk	Vegetable Slices Devilled Eggs Water	Bannock with jam Fresh Apple Slices Water	Roasted Sunflower seeds Vegetable slices Milk	Fruit Salad WW wheat thins Water

Week Nine					
	Monday Vegetarian	Tuesday Pork	Wednesday Fish	Thursday Poultry	Friday Beef
Morning Snack	Flavored yogurt Fresh fruit Water	Multigrain Toast Fresh fruit Milk	Fruit Salad Graham crackers Milk	Scrambled eggs Vegetable Slices Milk	RoastedSunflower seeds Fresh fruit Milk
Lunch	Vegetable Egg Bake WW Toast Homestyle Potatoes Milk	Korean pork Rice Green beans Milk	Salmon Alfredo Fettuccini Broccoli Milk	Roasted poultry Mashed potatoes Seasonal Vegetables WW bread Milk	Lasagna Caesar salad Milk
Afternoon Snack	Oatmeal Cookies Fresh Pineapple chunks Milk	Fresh tomato salsa Parmesan Pita Bread water	Roasted lentils Cucumber slices Water	Smoothies Naan bread Water	Wow butter Sandwiches Banana's Milk

Week Ten					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian	Pork	Fish	Poultry	Beef
Morning Snack	Cold cereal Fresh fruit Milk	Hard boiled eggs Tomato slices Water	Fresh Fruit Multigrain toast Water	Hot Cereal Fresh fruit Milk	Smoothies Fresh fruit Milk
Lunch	Pancakes Strawberries Baked brown Beans Milk	Ranch Mac n' cheese with ham Greek salad with black beans Milk	Parmesan fish Brown rice California Vegetables Milk	BBQ chicken Mashed potatoes Carrot & Raisin Salad Multigrain bread Milk	Hamburger Soup ww bun Milk
Afternoon Snack	Carrot sticks Snap peas Cheese cubes Water	Cheese biscuits Broccoli bites Milk	Red peppers ww crackers Water	Homemade vanilla Pudding Fresh fruit Water	Caesar Salad Garlic Bread Water

Week Eleven					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian	Pork	Fish	Poultry	Beef
Morning Snack	Fruit salsa ww cinnamon chips Water	WW toast with Wow butter and jam Fresh fruit Milk	Blueberry muffins Fresh fruit Milk	Toasted bagels with cream cheese Fresh fruit Milk	Scrambled eggs Vegetable slices Milk
Lunch	Vegetarian Tofu Chow Mein Pepper Bread Milk	Pulled pork sandwiches on ww bun Coleslaw Milk	Teriyaki White Fish stir fry Vermicelli Milk	Baked poultry and rice casserole California blend Veggies Milk	Spaghetti and Meatsauce Caesar Salad Milk
Afternoon Snack	Edamame beans Cheese cubes Water	Honey cocoa lentil balls Fresh fruit Milk	Bannock with butter Vegetable slices Water	Fresh fruit Flavored yogurt Water	Pumpkin seeds Vegetable slices Water

Week Twelve					
	Monday Vegetarian	Tuesday Pork	Wednesday Fish	Thursday Poultry	Friday Beef
Morning Snack	Hot cereal Fresh fruit Milk	Waffles Fruit salad Milk	Cold Cereal Fresh fruit Milk	Fresh fruit Parfait (yogurt, kashi cereal, fruit) Milk	Sunflower seeds Fresh fruit Water
Lunch	Tomato Lentil Soup Grilled Cheese Vegetable slices Milk	Sweet and sour pork Meatballs Brown rice Seasonal Vegetables Milk	Tuna melts Snap peas & carrot sticks Milk	Homemade poultry strips Mashed potatoes Seasonal Vegetables Garlic bread Milk	Beef Stroganoff Egg noodles Peas and carrots Milk
Afternoon Snack	Oatmeal raisin Cookies Fresh fruit Milk	Wow butter Sandwiches Banana Milk	Popcorn Fresh fruit Water	Chef Salad with croutons and HB eggs Water	Vegetable Slices Cheese sticks Water