

Week 3



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with Milk, Banana	Bagels with Cream Cheese, Grapes, Milk	French Toast Casserole with Mixed Berries, Milk	Carrot-Bran Bread with Cantaloupe, Milk	Whole Wheat Toast with Peanut Butter or Wow Butter, Apple, Milk
Snack	Graham Crackers, Peanut Butter or Wow Butter & Apples	Cinnamon Raisin Loaf, Bananas	Smoothies & Rice Cakes	Tapioca-Rice Pudding & Pineapple	Fruit & Seed Bar, Cucumber
Lunch	Lazy Veggie Lasagna With Broccoli and Tomato, Milk	Butter Chicken, Brown Rice & Cauliflower, Milk	Tuna Melts on Whole Wheat Buns with Salad, Milk	Stewed Lentils, Squash and Roasted Zucchini, Milk	Shepherd's Pie with Mixed Veggies, Milk
Snack	Carrot-Walnut Bread & Oranges	Multigrain Chips, Hummus & Bell Peppers	Whole Wheat Crackers with Cheese & Carrots with dip	Bagels with Cream Cheese & Cucumber	Munchie Mix & Watermelon