

# Week 1



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal with Milk, Banana	Bagels with Cream Cheese, Grapes, Milk	French Toast Casserole with Mixed Berries, Milk	Carrot-Bran Bread, Cantaloupe, Milk	Whole Wheat Toast, Peanut Butter or Wow Butter, Apple, Milk
<b>Snack</b>	Graham Crackers, Peanut Butter or Wow Butter, Apples	Cinnamon Raisin Loaf Bananas	Smoothies, Rice Cakes	Tapioca-Rice Pudding, Pineapple	Fruit and Seed Bar Cucumber
<b>Lunch</b>	Minestrone Soup With Whole Wheat Pasta, Milk	Stewed Chicken, Quinoa, Steamed Carrots, Milk	Fish Taco, Coleslaw, Milk	Stir-fried Tofu and Vegetables, Brown Rice, Milk	Baked Ham, German Potato Salad, Mixed Veggies, Milk
<b>Snack</b>	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