

Week 2



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, 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	Black Bean and Brown Rice Mexi Casserole, Milk	Barley Chickpea Curried Salad, Milk	Salmon Noodle Casserole with Mixed Veggies, Milk	Mediterranean Veggie Frittata, Milk	Pulled Pork on Whole Wheat Buns, Salad, 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