

Summer Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack*</b>	Cereal & Oranges	Hard Boiled Egg & Toast	French Toast & Strawberries	Yogurt & Cantaloupe	Banana Muffins with Blueberries
Grain Products	WW Cereal	WW Bread	WW Bread		WW muffin
Vegetables & Fruit	Oranges		Strawberries	Cantaloupe	Banana, Blueberries
Milk Products				Yogurt	
Meat & Alternatives		Egg			
Other**	Water	Water	Water	Water	Water
<b>Lunch Meal***</b>	Chicken Noodle Soup	Vegetable Chili	Mushroom & Ham Quiche	Mr. D's Chicken Fingers with pasta salad	Tuna Salad Sandwich
Grain Products	WW Crackers, WW Pasta	Brown Rice	Pie Crust	WW bread crumbs, pasta	WW Bread
Vegetable	Carrots, peas, onions	Peppers, Onions, Celery, Tomato, Cauliflower	Mushroom, Broccoli Florets	Cucumbers, celery, carrots, peppers,	Cucumber, peppers, onions
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk, Feta Cheese	Milk
Meat & Alternatives	Chicken	Mixed Beans	Ham, Egg	Chicken	Tuna
Other**					
<b>Afternoon snack*</b>	Veggies & Dip	Wraps with Veggies	Baked Pita with cheese and salsa	Cereal and Craisins	Cheese & Crackers
Grain Products	WW crackers	WW wrap	WW pita	WW Cereal	WW Crackers
Vegetables & Fruit	Seasonal Vegetables	Cucumbers, green peppers	Carrots, Salsa	Craisins & Seasonal Fruit	Tomatoes
Milk Products	Sour cream		Cheese		Cheese
Meat & Alternatives		Hummus			
Other**	Water	Water	Water	Water	Water
<b>Total Required</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	3	4
Milk Products (1-2)	3	1	2	1	2
Meat & Alternatives (1-2)	1	2	1	2	1

Summer Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack*</b>	English Muffin with Cheese	Melon with cinnamon yogurt dip	Strawberry Breakfast Loaf	Overnight Oats	Pumpkin Raisin Muffins
Grain Products	WW English Muffin		WW Loaf	Oats	WW Muffin
Vegetables & Fruit		Melon	Strawberry, apple slices	Blueberries & Applesauce	Pumpkin puree, orange slices
Milk Products	Cheese	Yogurt		Yogurt	
Meat & Alternatives					
Other**	Water	Water	Water	Water	Water
<b>Lunch Meal***</b>	Beef and Broccoli Stir fry	Turkey Sandwiches	Pasta with Tomato Sauce	Tuna Melts	Tomato Soup and Salmon Salad Sandwiches
Grain Products	Brown Rice	WW Bread	Pasta	WW English Muffin	WW Bread
Vegetable	Carrots, peas, onions, beans, broccoli	Peppers, Onions, cucumber	Spinach Salad, onions, peppers	Cucumbers, peppers	Tomato, carrots, Peas, onion
Fruit	Pineapple	Seasonal Fruit	Mandarins	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk, Cheese	Milk
Meat & Alternatives	Beef	Turkey	Lentils	Tuna	Salmon, Lentils
Other**					
<b>Afternoon snack*</b>	Crackers and Cheese	Fruit Salad	Trail Mix	Pita & Hummus	Apple Cinnamon Loaf
Grain Products	WW crackers	Graham Cracker	WW cereals	WW Pita	WW Loaf
Vegetables & Fruit		Mixed Seasonal Fruit	Raisins, Seasonal Fruit		Apple
Milk Products	Cheese				
Meat & Alternatives				Hummus	
Other**	Water	Water	Water	Water	Water
<b>Total Required</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	3	3	4	3	4
Milk Products (1-2)	3	2	2	1	1
Meat & Alternatives (1-2)	1	1	2	2	1

Summer Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack*</b>	Breakfast Fruit Loaf	French Toast & Blueberries	Yogurt Parfait	Oatmeal Bars	Muffins
Grain Products	WW Loaf	WW Bread	Oats	Oats	WW Muffin
Vegetables & Fruit	Seasonal Fruit	Blueberries	Apple Slices	Orange Slices	Seasonal Fruit
Milk Products			Yogurt		
Meat & Alternatives					
Other**	Water	Water	Water	Water	Water
<b>Lunch Meal***</b>					
<b>Lunch Meal***</b>	Sloppy Joes	Fajita Wraps	Meatball Subs & Pasta Salad	Chicken Stir fry	Ham Salad Wraps
Grain Products	WW bun	WW Wraps	WW Bun, Pasta	Brown Rice	WW Wraps
Vegetable	Carrot Sticks	Salsa, Peppers	Cucumber, peppers, carrot	Peppers, broccoli, carrots, celery	Peppers, Cucumber, red Onions
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Melon
Milk Products	Milk	Milk	Milk	Milk	Milk
Meat & Alternatives	Beef	Chicken	Beef	Chicken	Ham
Other**					
<b>Afternoon snack*</b>					
<b>Afternoon snack*</b>	Trail Mix	Graham Crackers & Fruit spread	WowButter Wraps	Spinach Dip & Pita	Flatbread Pizza
Grain Products	WW Cereals	Graham Cracker	WW Wrap	WW Pita	WW Flatbread
Vegetables & Fruit	Apricot, Raisins, Craisins, Watermelon	Seasonal Fruit	Jam, Banana	Spinach, cucumber	Pizza Sauce, Tomato slices
Milk Products				Sour cream	Cheese
Meat & Alternatives		Cream cheese	WowButter		
Other**	Water	Water	Water	Water	Water
<b>Total Required</b>					
<b>Total Required</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	4	4
Milk Products (1-2)	1	2	3	2	1
Meat & Alternatives (1-2)	1	1	2	1	2

Summer Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack*</b>	Cereal & Oranges	Blueberry Muffins	Strawberry Breakfast Loaf	English Muffins	Cheese & Crackers
Grain Products	WW Cereal	WW Muffin	Oats	WW English Muffin	WW Crackers
Vegetables & Fruit	Oranges	Seasonal Fruit, Blueberry	Strawberry, Berries	Seasonal Fruit	Sliced Apples
Milk Products					Cheese
Meat & Alternatives					
Other**	Water	Water	Water	Water	Water
<b>Lunch Meal***</b>	Homemade Alphaghetti	Quesadilla	Breakfast for Lunch	Sliders	Tuna Salad Sandwich & Pasta Salad
Grain Products	WW Bun, Pasta	WW Wrap	WW Pancakes	WW Bun	WW Bread, Pasta
Vegetable	Homemade Tomato sauce	Salsa, tomato, salad, onion	Diced potatoes	Cucumber salad, onion, dill	Peppers, cucumbers, tomatoes
Fruit	Seasonal Fruit	Seasonal Fruit	Pineapple	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk, cheese	Milk
Meat & Alternatives	Lentils	Chicken	Ham, Homemade Baked Beans	Beef	Tuna
Other**					
<b>Afternoon snack*</b>	Carrot Loaf	Oatmeal Raisin Bars	Cheese & Crackers	Cream Cheese Wraps	Hummus & Naan
Grain Products	WW Bars	Oats, WW Bar	WW Cracker	WW Pita	Naan Bread
Vegetables & Fruit	Seasonal Fruit, carrot	Sliced Apples, Raisins	Seasonal Fruit	Strawberries	Seasonal Veggies
Milk Products			Cheese	Cream cheese	
Meat & Alternatives					Hummus
Other**	Water	Water	Water	Water	Water
<b>Total Required</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	4	4
Milk Products (1-2)	1	1	2	3	1
Meat & Alternatives (1-2)	1	1	2	1	2