



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal with Milk Fruit	Yogurt, Maple Syrup, Granola Fruit	Scrambled Eggs and WW Toast Fruit	Oatmeal Fruit	WW English muffins with Cheese Slices Fruit
Dairy Free	DF Milk	DF Yogurt	DF Milk	DF Milk	DF Cheese
Egg Free (P1)	N/A	N/A	Smoothies	N/A	
Lunch	Salmon Pasta Cooked Broccoli Fruit Milk	Ham and Swiss Sandwiches Tomato Soup, Veggie Sticks Fruit Milk	Chicken Enchilada Casserole, Peaches and Cream Corn Fruit Milk	Hamburgers Tomato, Lettuce, Cheese, Pickles, Veggie Sticks Fruit Milk	Chicken Pot Pie Chowder WW Bread Fruit Milk
Dairy Free	DF Cheese	DF Cheese	DF cheese	DF Cheese	No Cream
Vegetarian	Chickpea	Spinach	Beans	Portobello Mushroom	Orzo Noodles
Egg Free (P1)	Noodles	N/A	N/A	N/A	N/A
PM Snack	Rice Cakes, Wow Butter, and Hemp Hearts Fruit	Watermelon and Feta Salad Whole Wheat Crackers Fruit	Blueberry Muffins Fruit	Whole Wheat Pitas with Tzatziki, Veggie Sticks Fruit	Cereal Snack Mix Fruit
Dairy Free	N/A	No Feta	DF Milk	DF Yogurt	N/A
Egg Free (P1)	N/A	N/A	Applesauce substitute	Pitas	N/A



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal with Milk	WW Bagels Cream Cheese, Apple Butter	Cheesy Scrambled Eggs Toast	Cinnamon Bun Oatmeal	Berry Smoothies
	Fruit	Fruit	Fruit	Fruit	Fruit
Dairy Free	DF Milk	Wow Butter	DF Cheese	DF Milk	DF milk
Egg Free (P1)	N/A	WW English Muffins	WW Toast and Wow Butter	N/A	N/A
Lunch	Spaghetti, Garlic Bread Caesar Salad	Butter Chicken Naan Bread Pizzas Coconut Curry Rice	Stuffed Bell Pepper Soup Whole Wheat Crackers Veggie Sticks	Carrot Cake Pancakes Orange yogurt Topping Turkey Sausage	Shepherd's Pie WW Bread Veggie Sticks
	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk
Dairy Free	DF Salad Dressing	Pizza Sauce	N/A	DF milk	DF Mashed Potatoes
Vegetarian	Lentil Pasta Sauce	Mushrooms	Beans	Veg. Sausage	TVP
Egg Free (P1)	Noodles/bread, Italian dressing for salad	Naan bread	N/A	Applesauce substitute	N/A
PM Snack	Veggies and Dip Cheese and Crackers	Rice Cakes, Cream Cheese, Hemp Hearts	Pumpkin Muffins	Tuna Sandwiches	Cereal Snack Mix
	Fruit	Fruit	Fruit	Fruit	Fruit
Dairy Free	Hummus	Wow Butter	DF ingredients	N/A	DF chocolate chips
Egg Free (P1)	Hummus	N/A	Applesauce substitute	Mayo substitute	N/A



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal with Milk	Yogurt, Granola, Honey and Berries	Hard Boiled Eggs Cheese Slices	Oatmeal	Toast, Wow Butter and Jam
	Fruit	Fruit	Fruit	Fruit	Fruit
Dairy Free	DF Milk	Wow Butter	DF cheese	DF Milk	DF Milk
Egg Free (P1)	N/A	WW English Muffins	Berry Smoothies	N/A	N/A
Lunch	Muffin Pan Tuna Melts	Oven Baked Balsamic Beef and Vegetable Stew	Crispy Chicken Sandwiches on English Muffins	Lasagne Roll Ups	Chicken Noodle Soup
	Cooked Broccoli Fruit Milk	Whole Wheat Buns Fruit Milk	Cooked Carrots Fruit Milk	Caesar Salad Fruit Milk	Whole Wheat Crackers Veggie sticks Fruit Milk
Dairy Free	DF Cheese	N/A	DF Cheese	DF Cheese	N/A
Vegetarian	Minced Spiced Beans	Beans	Portobello Mushroom	N/A	Beans
Egg Free (P1)	Mayo substitute	Buns	N/A	Egg free noodles	Egg free noodles
PM Snack	Rice Cakes	Applesauce	Banana and Wow butter Roll Ups	Cinnamon Raisin Bagels Cream Cheese	Cereal Snack Mix
	Wow Butter Hemp Hearts Fruit	Cheese and Crackers Fruit	Fruit	Fruit	Fruit
Dairy Free	N/A	DF Cheese	N/A	DF Cheese	DF Chocolate Chips
Egg Free (P1)	N/A	N/A	N/A	WW English Muffins	N/A



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal with Milk	Berry Smoothie	Whole Wheat Bagels Cream Cheese and Apple Butter	Vanilla Chia Seed Pudding	WW Toast Wow Butter and Jam
	Fruit	Fruit	Fruit	Fruit	Fruit
Dairy Free	DF Milk	DF Yogurt and milk	Wow Butter	DF Milk	N/A
Egg Free (P1)	N/A	N/A	WW English Muffins	N/A	N/A
Lunch	Chicken Taco Salad Rice and Beans, Cut Peppers	Marinated Chicken Quinoa, Cooked Green Beans	Sloppy Joes, WW Buns Caesar Salad	Homemade Pizzas Veggie Sticks	Thai Red Curry Chicken with Vegetables, Brown Rice Cucumbers
	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk
Dairy Free	DF Cheese	N/A	N/A	DF Cheese	N/A
Vegetarian	Minced Spiced Beans	Eggs	Portobella Mushroom	Veggie Pizza	Tofu
Egg Free (P1)	N/A	N/A	Buns	N/A	N/A
PM Snack	Rice Cakes Wow Butter, Hemp Hearts	Whole Wheat English Muffins Cream Cheese, Apple Butter	Chocolate Zucchini Muffins	Whole Wheat Crackers Hummus, Veggie Sticks	Cereal Snack Mix Veggie Sticks
	Fruit	Fruit	Fruit	Fruit	Fruit
Dairy Free	N/A	Wow Butter	DF Ingredients	N/A	DF Chocolate chips
Egg Free (P1)	N/A	N/A	Applesauce substitute	N/A	N/A



Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fruit Smoothies	Yogurt, Granola, Maple Syrup, Berries	Oatmeal with Strawberries	Blueberry Bagels, Cream Cheese Apple Butter	Cereal with Milk
	Fruit			Fruit	Fruit
Dairy Free	DF milk and yogurt	DF yogurt	DF milk	Wow butter	DF Milk
Egg Free (P1)		N/A	N/A	WW English Muffins	N/A
Lunch	Lasagna Cooked Broccoli Garlic Bread	Chicken Barley Soup Whole Wheat Crackers Veggie Sticks	Grilled Cheese and Spinach Sandwiches Veggie Sticks	Mac 'N Cheese Pasta with Tuna Cooked Vegetables	Mediterranean Fish, Rice, Greek Salad
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk	Milk
Dairy Free	DF Cheese	N/A	DF cheese	DF Cheese	DF Cheese
Vegetarian		Beans	N/A	No Salmon	Chickpeas
Egg Free (P1)		N/A	N/A	Egg free noodles	N/A
PM Snack	Graham Crackers, Cream Cheese Strawberry Jam	Cereal Snack Mix	Banana Chocolate Chip Muffins	Nacho Chips Salsa	Apple Sauce Whole Wheat Crackers Cheese
	Fruit	Fruit	Fruit	Fruit	Fruit
Dairy Free		DF Chocolate Chips	DF Chocolate Chips	DF Cheese	N/A
Egg Free (P1)		N/A	Applesauce substitute	N/A	N/A



Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal with Milk	Granola Vanilla Yogurt	Breakfast Cookies	Scrambled Eggs with Spinach and Toast	Berry Smoothies
	Fruit	Fruit	Fruit	Fruit	Fruit
Dairy Free	DF Milk	DF Yogurt	N/A	N/A	DF Milk/yogurt
Egg Free (P1)	N/A	N/A	N/A	WW Toast, Wow Butter, Apple butter	N/A
Lunch	Baked Beefaroni Veggie Sticks	Cajun Quinoa with Chicken and Peppers Veggie Sticks	Pan Fried Sole Rice and Orzo Pilaf Cooked Carrots	Chicken Fajitas, Rice Veggie Sticks	Broccoli and Cheddar Quinoa Bites, Veggie Sticks Whole Wheat Crackers
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk	Milk
Dairy Free	DF cheese	N/A	N/A	DF Cheese	DF Cheese
Vegetarian	Chickpeas	Tofu	Eggs	Chickpeas	N/A
Egg Free (P1)	N/A	N/A	N/A	N/A	N/A
PM Snack	Pitas, Hummus Cucumber Slices	Egg/Tuna Salad Whole Wheat Crackers	Lemon Raspberry Muffins	Veggie Sticks, Cheese, Pretzels	Cereal Snack Mix
	Fruit	Fruit	Fruit	Fruit	Fruit
Dairy Free	N/A	N/A	DF Ingredients	N/A	DF Chocolate
Egg Free (P1)	N/A	Tuna Salad with Mayo substitute	Applesauce substitute	N/A	N/A