

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Toast Homemade Chia Jam Fruit Water	Wholegrain Cereal Fruit Milk Water	Hard boiled eggs Wholegrain toast Avocado Fruit Water	Plain yogurt Homemade granola Fruit Water	Homemade Smoothie Homemade Energy Bites Water
Dairy Free	NA	DF milk	NA	DF yogurt	DF smoothie
Gluten Free	GF bread	GF cereal	GF bread	GF oats	GF oats
Lunch	Pasta Alfredo with peas Veg. Fruit Milk	Beef & Broccoli Stir fry Brown rice Fruit Milk	Butter Chicken Brown Rice Veg. Fruit Milk	Baked Fish with Chili Lime sauce Brown Rice Veg. Fruit Milk	Grilled Cheese Veg. Sticks Fruit Milk
Dairy Free	DF alfredo sauce and milk	DF milk	DF milk	DF Milk	DF Milk, DF cheese
Vegetarian	NA	NA	NA	NA	NA
Gluten Free	GF pasta	NA	NA	NA	GF bread
PM Snack	Veg. Sticks Hummus Wholegrain Crackers Water	Rice Cakes Cream cheese Fruit Water	Applesauce Homemade Energy Bites Water	Nacho chips Salsa Cheese Fruit Water	Fruit Homemade Trail Mix Water
Dairy Free	NA	DF cream cheese	NA	DF cheese	NA
Gluten Free	GF crackers	NA	GF Oats	NA	GF cereal and pretzels

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal Fruit Milk Water	Waffles Fruit Water	Overnight Oats Fruit Water	Wholegrain English Muffins WOW butter Fruit Water	Hard boiled eggs Cheese Fruit Water
Dairy Free	DF milk	NA	DF milk	DF yogurt	DF cheese
Gluten Free	GF cereal	GF waffles	GF oats	GF oats	NA
Lunch	Honey Mustard and Herb roasted chicken Roasted Potatoes Veg. Fruit Milk	Broccoli and Rice Casserole Summery Chickpea Salad Fruit Milk	Tuna Melts Veg. Sticks Fruit Milk	'Beef Bowlrito' Brown Rice Veg. Fruit Milk	Asian Chicken Rice Noodles Stir fried Veg. Fruit Milk
Dairy Free	DF milk	DF milk and sauce	DF milk	DF Milk, yogurt and cheese	DF Milk,
Vegetarian	NA	NA	NA	NA	NA
Gluten Free	NA	NA	NA	NA	GF bread
PM Snack	Celery, Apples, WOW butter and raisins Water	Frozen Yogurt Tubes Fruit Water	Smoothies Rice Cakes Water	Nacho chips Salsa Cheese Fruit Water	Fruit Pretzels Water
Dairy Free	NA	DF yogurt	DF smoothie	DF cheese	NA
Gluten Free	NA	NA	NA	NA	GF pretzels

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Cakes Apple Butter Fruit Water	Non-Nut Butter and Jam Protein Snack Bites Fruit Water	Plain yogurt Homemade granola Fruit Water	Smoothie Wholegrain Toast with margarine Water	Waffles Fruit Water
Dairy Free	NA	NA	DF yogurt	DF smoothie	NA
Gluten Free	NA	GF Oats	GF Oats	GF bread	GF waffles
Lunch	Red Lentil Dal Brown Rice Veg. Fruit Milk	Garlic butter baked Salmon Brown Rice Veg. Fruit Milk	Chicken Tikka Masala Brown Rice Veg. Fruit Milk	Turkey Meatballs Veg. Sticks Fruit Milk	Beef Meatballs Lentil and black bean salad Fruit Milk
Dairy Free	DF milk	DF milk	DF milk and sauce	DF Milk	DF Milk
Vegetarian	NA	NA	NA	NA	NA
Gluten Free	NA	NA	NA	GF buns	NA
PM Snack	Nacho chips Salsa Cheese Fruit Water	Veg. Sticks Hummus Wholegrain crackers Water	Homemade Banana bread Fruit Water	Cheese Wholegrain crackers Fruit Water	Rice Cakes Apple butter Fruit Water
Dairy Free	DF cheese	NA	NA	DF cheese	NA
Gluten Free	NA	GF crackers	GF Muffin	GF crackers	NA

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagel WOW butter Fruit Water	Wholegrain Muffins Fruit Milk Water	Wholegrain Cereal Fruit Milk Water	Oatmeal Fruit Water	Hard boiled eggs Cheese Fruit Water
Dairy Free	NA	DF muffin	DF milk	NA	DF cheese
Gluten Free	GF bagel	GF muffin	GF cereal	GF oats	NA
Lunch	Butternut Squash Carbonara Veg. Fruit Milk	Chicken Nuggets Strawberry Watermelon Salad Fruit Milk	Pulled Pork Corn on the cob Rolls Fruit Milk	Broccoli Soup Homemade cheddar biscuits Fruit Milk	Non-Nut butter and Jam sandwiches Veg. Sticks Fruit Milk
Dairy Free	DF milk	DF milk	DF milk	DF Milk and cheese biscuits	DF Milk
Vegetarian	NA	NA	NA	NA	NA
Gluten Free	GF pasta	GF nuggets	GF rolls	GF bread	GF bread
PM Snack	Cheese Pretzels Fruit Water	Plain yogurt Homemade granola Fruit Water	Graham crackers Cream cheese Fruit Water	Applesauce Rice cakes Water	Celery, apples, WOW butter and raisins Water
Dairy Free	DF cheese	DF yogurt	DF cream cheese	NA	NA
Gluten Free	GF pretzels	GF Oats	GF Graham crackers	NA	NA



Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Homemade Smoothie Homemade Energy Bites Water	Waffles Fruit Water	Rice Cakes Cream cheese Fruit Water	Overnight Oats Fruit Water	Plain yogurt Homemade granola Fruit Water
Dairy Free	DF smoothie	NA	DF cream cheese	DF milk	DF yogurt
Gluten Free	GF Oats	GF waffles	NA	GF oats	GF oats
Lunch	Chicken and rice soup Veg. Sticks Bread Fruit Milk	Pizza Casserole Veg. Fruit Milk	Potato, Cauliflower and Red Thai Curry Brown Rice Fruit Milk	Lemon chicken Greek lentil salad Fruit Milk	Baked fish with Chili lime sauce Potato wedges Veg. Fruit Milk
Dairy Free	DF milk	DF milk	DF milk	DF Milk	DF Milk
Vegetarian	NA	NA	NA	NA	NA
Gluten Free	GF bread	GF pasta	NA	NA	NA
PM Snack	Cheese Wholegrain crackers Fruit Water	Veg. Sticks Homemade dip Bread sticks Water	Nacho chips Salsa Cheese Fruit Water	Bagels WOW butter Fruit	Cereal snack Fruit Water
Dairy Free	DF cheese	DF cream cheese	DF cheese	NA	NA
Gluten Free	GF crackers	NA	NA	GF bagels	GF cereal and pretzels

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal Fruit Milk Water	Non-nut butter and Jam Protein bites Fruit Water	Bagels Non-nut butter Fruit Water	Hard boiled eggs Cheese Fruit Water	Waffles Fruit Water
Dairy Free	DF milk	NA	NA	DF cheese	NA
Gluten Free	GF cereal	GF Oats	GF bagels	NA	GF waffles
Lunch	Chicken quesadillas Veg. Fruit Milk	Cucumber and cream cheese sandwiches Terra Veggie chips Fruit Milk	Chicken BLT Pasta salad Veg. Fruit Milk	Vegetable Pot Pie Veg. Fruit Milk	Turkey sausage and pepper pizzas Veg. Sticks Fruit Milk
Dairy Free	DF cheese and milk	DF milk, cream cheese	DF milk	DF Milk	DF Milk, DF cheese
Vegetarian	NA	NA	NA	NA	NA
Gluten Free	GF tortillas	GF bread	GF pasta	GF bread	GF pizza crust
PM Snack	Smoothies Rice cakes Water	Applesauce Graham crackers Water	Veg. Sticks Pretzels Veg. dip Water	Nacho chips Salsa Cheese Fruit Water	Fruit Yogurt Water
Dairy Free	DF smoothie	NA	DF dip	DF cheese	DF yogurt
Gluten Free	NA	GF Graham crackers	GF Pretzels	NA	GF cereal and pretzels