

| Week 1:              | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |
|----------------------|--|---|---|---|---|---|---|
| <b>Breakfast</b>     | Cereal Cup with Half Pint of Milk, Fresh Cut Fruit Cup Hard-boiled Egg Pack, Orange or Apple Juice               | Cereal Cup with Half Pint of Milk, Whole Fresh Fruit Bacon Breakfast Sandwich Orange or Apple Juice       | Cereal Cup with Half Pint of Milk, Fresh Cut Fruit Cup Hard-boiled Egg Pack Orange or Apple Juice         | Cereal Cup with Half Pint of Milk, Whole Fresh Fruit Sausage Breakfast Sandwich Orange or Apple Juice     | Cereal Cup with Half Pint of Milk, Fresh Cut Fruit Cup Hard-boiled Egg Pack Orange or Apple Juice         | Cereal Cup with Half Pint of Milk, Whole Fresh Fruit Bacon Breakfast Sandwich Orange or Apple Juice       | Cereal Cup with Half Pint of Milk, Fresh Cut Fruit Cup Hard-boiled Egg Pack Orange or Apple Juice         |
| <b>Lunch</b>         | Turkey & Cheese Sub, Coleslaw, Fresh Veggie Cup with Ranch, Cookie   | Chicken Caesar Salad, Bag of Chips, Fresh Veggie Cup with Ranch, Cookie                                   | Chicken Salad Sandwich, Pasta Salad, Fresh Veggie Cup with Ranch, Cookie                                  | Chef Salad, Bag of Chips, Fresh Veggie Cup with Ranch, Cookie   | Roast Beef & Cheddar Sandwich, Potato Salad, Fresh Veggie Cup with Ranch, Cookie                          | Ham & Cheese Sandwich, Coleslaw, Fresh Veggie Cup with Ranch, Cookie                                      | Tuna Salad Sandwich, Bag of Chips, Fresh Veggie Cup with Ranch, Cookie                                    |
| <b>Dinner</b>        | Sliced Pork Loin, Seasoned Brown Rice, Garden Side Salad with Dressing, Wheat Roll with Butter Fresh Melon Cubes | Roast Turkey with Gravy, Stuffing, Mashed Yams, Green Beans, Wheat Roll with Butter, Apple Pie            | Meatloaf with Gravy, Parsley Potatoes, Peas & Mushrooms, Wheat Roll with Butter, Sugar Cookie             | Fried Chicken, Mac & Cheese, Peas & Carrots, Cornbread with Butter, Cobbler                               | Pollo Tropical Grilled Chicken and Rice Tropichop with Side of Salsa and Plantains                        | Baked Chicken with Mashed Potatoes, Corn, Wheat Roll with Butter, Peanut Butter Parfait                   | Penne Pasta with Marinara & Meatballs, Broccoli, Garlic Breadstick, Mini Cannoli                          |
| <b>Drinks/Snacks</b> | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.)        | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) |

| Week 2:              | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |
|----------------------|---|---|---|---|---|---|---|
| <b>Breakfast</b>     | Cereal Cup with Half Pint of Milk, Whole Fresh Fruit Sausage Breakfast Sandwich, Orange or Apple Juice    | Cereal Cup with Half Pint of Milk, Fresh Cut Fruit Cup Hard-boiled Egg Pack Orange or Apple Juice         | Cereal Cup with Half Pint of Milk, Whole Fresh Fruit Bacon Breakfast Sandwich Orange or Apple Juice       | Cereal Cup with Half Pint of Milk, Fresh Cut Fruit Cup Hard-boiled Egg Pack Orange or Apple Juice         | Cereal Cup with Half Pint of Milk, Whole Fresh Fruit Sausage Breakfast Sandwich Orange or Apple Juice     | Cereal Cup with Half Pint of Milk, Fresh Cut Fruit Cup Hard-boiled Egg Pack Orange or Apple Juice         | Cereal Cup with Half Pint of Milk, Whole Fresh Fruit Bacon Breakfast Sandwich Orange or Apple Juice       |
| <b>Lunch</b>         | Chicken Tender Wrap, Bag of Chips, Fresh Veggie Cup with Ranch, Cookie                                    | Trio Salad Plate, Dinner Roll, Fresh Veggie Cup with Ranch, Cookie  | Subway 6" Sub (Turkey or Veggie Delite), Bag of Chips, Cookie   | Ham & Swiss Ciabatta Sandwich, Potato Salad, Fresh Veggie Cup with Ranch, Cookie                          | Turkey Wrap with Herbed Cheese & Cranberry Aioli, Bag of Chips, Fresh Veggie Cup with Ranch, Cookie       | Club Sandwich on Hearty Wheat, Macaroni Salad, Fresh Veggie Cup with Ranch, Cookie                        | Roasted Balsamic Vegetable Wrap, Bag of Chips, Fresh Veggie Cup with Ranch, Cookie                        |
| <b>Dinner</b>        | Dijon Pork Loin, Brown Rice Pilaf, Broccoli, Wheat Roll with Butter, Chocolate Cake                       | Chicken Parmesan with Rotini Marinara, Garlic Bread, Garden Side Salad, Wheat Roll with Butter, Cookie    | Beef with Mushrooms, Mashed Potatoes, Peas & Onions, Wheat Roll with Butter, Pudding Cup                  | Fried Chicken, Mac & Cheese, Collard Greens, Cornbread with Butter, Apple Cobbler                         | Beef Stew with Brown Rice, Sautéed Zucchini with Tomatoes, Wheat Roll with Butter, Vanilla Pudding Cup    | Hearty Pasta Bake, Broccoli, Garden Side Salad, Wheat with Butter, Cookie                                 | Baked Chicken, Brown Rice Medley, Sautéed Zucchini, Wheat Roll with Butter, Fudge Brownie                 |
| <b>Drinks/Snacks</b> | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) | 3 Bottled Water, 1 Specialty Beverage, Prepackaged Snack (Ex: Cheez-its, Graham Crackers, Pretzels, etc.) |

\*If Dietary Restrictions Prohibit Meat or Eggs, Alternate Breakfast items will be provided including Bagel & Cream Cheese, Yogurt Cups, Overnight Oats, Waffle with Butter & Syrup, Peanutbutter Uncrustables, Danish, Oatmeal with Brown Sugar & Dried Fruit

\*\*Almond or Soy milk available upon request for those with dietary restrictions

\*\*\*Alternate Meals/Snack items can also be provided to accommodate dietary restrictions