

January

WEEK 1				
Macaroni and Cheese	BLT's	Tuna Wraps	Chicken Noodle Soup	Broccoli and Cheese
Cauliflower	Sweet Potato Fries	Lettuce	Crackers	Stuffed potato
		Tomatoes	Carrot Sticks	Veggies w/dip
		Whole Wheat Wraps		
		Grapes		
WEEK 2				
Chicken Salad	"Meatloaf"	Chop Suey	Fish Fillets	Grilled Chicken
Sandwiches	Mashed Potatoes	Bread	Baked Potato	Garden Salad
Grapes	Carrots		Green Beans	
WEEK 3				
Cheese Ravioli	Quesadilla	Chicken Veggie Pizza	Chicken/broccoli	Grilled Cheese
Alfredo Sauce	Lettuce/tomato	Fruit	Casserole	Sandwiches
Broccoli	salsa		Wheat Rolls	Tomato Soup
WEEK 4				
Broccoli Alfredo	Chicken Stir Fry	Bacon	Corn Chowder	Ham and Cheese
Bread	Mixed Veggies	French Toast	Crackers	Roll ups
	Brown Rice	Oranges	Celery Sticks & Ranch	Fruit
	Shredded Cheese			Crackers
	Chicken Stir Fry			
WEEK 5				