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| **Day of the Week** | **Breakfast** | **Lunch** | **Dinner** |
| **Sunday** | French Toast, Scrambled Eggs, Skim Milk (8 oz) | Chicken Quesadilla, Salsa, Black Bean & Corn Salsa | Chicken Broccoli Rice, Vegetables with Lemon Sauce, Sliced Apple (1/2), Fruit Chewy Cookies, Skim Milk (8 oz) |
| **Monday** | Spinach Scramble, Peanut Butter Muffins, Skim Milk (8 oz) | Peanut Butter & Jelly Sandwich, Carrots, Grapes (1 cup) | Tuna Noodle Casserole, Tossed Salad, Toast (2 Slices), Sliced Apple (1/2), Fruit Chewy Cookies, Skim Milk (8 oz) |
| **Tuesday** | Breakfast Egg Burrito, 1/2 Banana, Skim Milk (8 oz) | Chicken Noodle Soup (1.5 servings), Apples with Peanut Butter Dip | Black Bean Stuffed Peppers, Tossed Salad, Fruit Chewy Cookies, Skim Milk (8 oz) |
| **Wednesday** | Yogurt Fruit Crunch, Peanut Butter Muffin | Chicken Quesadilla, Salsa, Black Bean & Corn Salsa | Chicken Broccoli Rice, Fruit Chewy Cookies, Skim Milk (8 oz) |
| **Thursday** | Spinach Scramble, Peanut Butter Muffins, Skim Milk (8 oz) | Peanut Butter & Jelly Sandwich, Carrots, Grapes (1 cup) | Tuna Noodle Casserole, Tossed Salad, Toast (2 Slices), Apples with Peanut Butter Dip, Skim Milk (8 oz) |
| **Friday** | Breakfast Egg Burrito, 1/2 Banana, Skim Milk (8 oz) | Leftover Chicken Noodle Soup (1.5 servings) **OR** Peanut Butter & Jelly Sandwich, Carrots, Grapes (1 cup) | Chicken Nuggets, Vegetables with Lemon Sauce, Sweet Potato Fries (2 servings), Fruit Chewy Cookies, Skim Milk (8 oz) |
| **Saturday** | French Toast, Scrambled Eggs, Skim Milk (8 oz) | Chicken Quesadilla, Salsa, Black Bean & Corn Salsa | Leftovers (Chicken Broccoli Rice or Stuffed Peppers), Greek Green Beans & Tomatoes (2 servings), Baked Sweet Potato, Fruit Chewy Cookies, Skim Milk (8 oz) |