

WEEK 1

V: Vegetarian, VG: Vegan, GF: Gluten Free, N/A: None

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST FOR SNACK	PIZZA DAY	TURKEY WRAPS	SUNBUTTER & JELLY	LASER LUNCHABLE
PM SNACK AND SERVING SIZE	Pancakes (V) • 3 pieces Yogurt (V, GF) • ½ cup Frozen blueberries (V, VG, GF) • ½ cup	Bagel Bites (N/A) • 4 pieces Pizza sauce (V, VG, GF) • 2 tbsp Carrots (V, VG, GF) • ½ cup Frozen strawberries (V, VG, GF) • ½ cup	Tortillas (V, VG) • ½ of one Turkey (GF) • 5 pieces Lettuce (V, VG, GF) • 1 cup Croutons (V) • ¼ cup Ranch (V, GF) • 1 tbsp Shredded cheese (V, GF) • ¼ cup	Biscuits (V) • 1 biscuit Sunbutter (V, VG, GF) • 2 tbsp Jelly (V, VG, GF) • 1 tbsp Apples (V, VG, GF) • ½ of apple	Ritz crackers (V) • 6-8 crackers Sliced cheese (V, GF) • 4 slices Pepperoni (GF) • 4 slices Bell peppers (V, VG, GF) • ½ cup
SECOND SNACK			Goldfish (V) • 1 pack		

WEEK 2

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HAPPY MEAL	BREAKFAST FOR SNACK	PICNIC SNACK	GRILLED CHEESE	CHIPS N' DIP
PM SNACK AND SERVING SIZES	Dino nuggets (N/A) • 4 pieces Ketchup (V, VG, GF) • 1 tbsp String cheese (V, GF) • 1 pack Frozen mangoes (V, VG, GF) • ½ cup	French toast (V, VG) • 4 sticks Yogurt (V, GF) • ½ cup Frozen blueberries (V, VG, GF) • ½ cup	Wheat thins (V, VG) • ½ cup Cream cheese (V, GF) • 1 packet Bell peppers (V, VG, GF) • ½ cup	Sliced bread (V) • 1 slice Sliced cheese (V, GF) • 1 slice Pizza sauce (V, VG, GF) • 2 tbsp Carrots (V, VG, GF) • ½ cup	Tortilla chips (V, VG, GF) • ½ cup Salsa (V, VG, GF) • 2 tbsp Shredded cheese (V, GF) • ¼ cup Frozen strawberries (V, VG, GF) • ½ cup
SECOND SNACK			Cheez-its (V) • 1 pack		

WEEK 3

V: Vegetarian, VG: Vegan, GF: Gluten Free, N/A: None

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST FOR SNACK	CHICKEN SANDWICHES	MEDITERRANEAN	CROISSANT SANDWICH	HONEY MAID
PM SNACK AND SERVING SIZES	Waffles (V) • 2 waffles Yogurt (V, GF) • ½ cup Frozen fruit blend (V, VG, GF) • ½ cup	Chicken patties (N/A) • ½ patty Sliced bread (V) • 1 slice Ketchup (V, VG, GF) • 1 tbsp Mustard (V, VG, GF) • 1 tbsp Apples (V, VG, GF) • ½ of apple	Pita bread (V, VG) • 4 slices Hummus (V, VG, GF) • 1 packet Carrots (V, VG, GF) • ½ cup	Croissant bread (V) • 1 slice Butter (GF) • 1 tbsp Turkey (GF) • 5 pieces Lettuce (V, VG, GF) • 1 cup Bell peppers (V, VG, GF) • ½ cup	Graham crackers (V) • 2 full sheets Applesauce (V, VG, GF) • ½ cup Frozen blueberries (V, VG, GF) • ½ cup
SECOND SNACK			Pretzels (V, VG) • 1 pack		