



# MEAL PLAN

MON

TUE

WED

THU

FRI

WEEK OF  
JANUARY  
28TH

B: BISCUITS AND JELLY  
L: STUFFED SHELLS WITH  
TOMATO SAUCE  
MIXED VEGGIES, FRUIT  
MILK  
S: CHEEZ-IT CRACKERS,  
WATER

B: CEREAL, FRESH FRUIT  
MILK  
L: TURKEY MEATBALLS,  
TATER TOTS, CARROTS,  
PINEAPPLES, MILK  
S: FRESH FRUIT, WATER

B: WAFFLES, FRESH  
FRUIT, MILK  
L: PIZZA STICKS, CORN,  
ORANGES,  
MILK  
S: SPORTS CRACKERS,  
WATER

B: STRAWBERRY  
YOGURT,  
L: HOMEMADE  
LUNCHABLE, MIXED  
VEGGIES, PEACHES  
MILK  
S: STRAWBERRY  
OATMEAL BAR,  
WATER

B: BAGELS  
FRESH FRUIT, MILK  
L: SUNBUTTER & JELLY  
SANDWICH  
MIXED VEGGIES, MILK  
S: HONEY GRAHAM  
CRACKERS, WATER

WEEK OF  
FEBRUARY  
4TH

B: FRENCH TOAST  
STICKS, FRUIT, MILK  
L: GRILLED NUGGETS,  
WG ROLL, CARROTS,  
DICED PEARS,  
MILK  
S: PIZZA CRACKERS,  
WATER

B: CEREAL, FRESH  
FRUIT, MILK  
L: BAKED MAC N CHEESE,  
FRESH FRUIT, STEAMED  
BROCCOLI,  
MILK  
S: SPORTS CRACKER,  
WATER

B: MAPLE BROWN  
SUGAR OATMEAL,  
BANANAS,  
MILK  
L: PIZZA, STEAMED  
CORN, FRUIT COCKTAIL,  
MILK  
S: FRESH FRUIT, WATER

B: CEREAL, FRESH FRUIT,  
MILK  
L: GRILLED CHICKEN  
BREAST AND BROCCOLI  
WITH RICE,  
SLICED PEARS, MILK  
S: CHEEZ IT, WATER

B: APPLE BREAKFAST  
BITES, MILK  
L: HOTDOGS, VEGGIE  
BEANS  
MIXED FRUIT, MILK  
S: FRESH FRUIT, WATER

WEEK OF  
FEBRUARY  
11TH

B: CEREAL, FRESH FRUIT,  
MILK  
L: STIR FRY TOFU &  
VEGGIES,  
PINEAPPLE CHUNKS,  
WG ROLL, MILK  
S: PIZZA CRACKERS,  
WATER

B: STRAWBERRY  
BANANA YOGURT  
L: ALFREDO PASTA,  
STEAMED BROCCOLI,  
DICED PEARS, MILK  
S: CHEESE & CRACKERS,  
WATER

B: ENGLISH MUFFINS  
AND JELLY, MILK  
L: VALENTINE'S DAY  
LUNCH!!  
S: GOLD FISH, WATER

B: WAFFLES, FRESH  
FRUIT, MILK  
L: SLOPPY JOE, STEAMED  
CARROTS, FRUIT  
COCKTAIL,  
MILK  
S: M. ORANGES, WATER

B: CEREAL, FRESH FRUIT,  
MILK  
L: GRILLED CHICKEN  
GYRO, TZATZIKI SAUCE,  
CUCUMBERS, CUT  
STRAWBERRIES, MILK  
S: FRUIT SALAD, WATER

WEEK OF  
FEBRUARY  
18TH

CLOSED

B: FRENCH TOAST  
STICKS, FRESH FRUIT,  
MILK  
L: CHICKEN CHILI  
W/VEGGIES, PEACHES,  
MILK  
S: SPORTS CRACKERS,  
WATER

B: BLUEBERRY  
MUFFINS, MILK  
L: PIZZA, STEAMED  
BROCCOLI,  
MIXED FRUIT, MILK  
S: FRESH FRUIT,  
WATER

B: CEREAL, FRESH FRUIT,  
MILK  
L: MEDITERRANEAN  
PASTA SALAD, FRESH  
FRUIT, MILK  
S: PIZZA CRACKERS,  
WATER

B: OATMEAL,  
BLUEBERRIES, MILK  
L: CHICKEN  
DRUMMIES, BAKED SP  
FRIES, STEAMED PEAS,  
MIXED FRUIT, MILK  
S: OATMEAL COOKIE,  
WATER





# Vegetarian

*MON*

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**WEEK OF  
JANUARY  
28TH**

B: BISCUITS AND JELLY  
L: STUFFED SHELLS WITH  
TOMATO SAUCE  
MIXED VEGGIES, FRUIT  
MILK  
S: CHEEZ-IT CRACKERS,  
WATER

B: CEREAL, FRESH FRUIT  
MILK  
L: VEGETARIAN  
MEATBALLS, TATER  
TOTS, CARROTS,  
PINEAPPLES, MILK  
S: FRESH FRUIT, WATER

B: WAFFLES, FRESH  
FRUIT, MILK  
L: PIZZA STICKS, CORN,  
ORANGES,  
MILK  
S: SPORTS CRACKERS,  
WATER

B: STRAWBERRY  
YOGURT,  
L: HOMEMADE  
LUNCHABLE, MIXED  
VEGGIES, PEACHES  
MILK  
S: STRAWBERRY  
OATMEAL BAR,  
WATER

B: BAGELS  
FRESH FRUIT, MILK  
L: SUNBUTTER & JELLY  
SANDWICH  
MIXED VEGGIES, MILK  
S: HONEY GRAHAM  
CRACKERS, WATER

**WEEK OF  
FEBRUARY  
4TH**

B: FRENCH TOAST  
STICKS, FRUIT, MILK  
L: GRILLED CHIK'N  
NUGGETS, WG ROLL,  
CARROTS, DICED PEARS,  
MILK  
S: PIZZA CRACKERS,  
WATER

B: CEREAL, FRESH  
FRUIT, MILK  
L: BAKED MAC N CHEESE,  
FRESH FRUIT, STEAMED  
BROCCOLI,  
MILK  
S: SPORTS CRACKER,  
WATER

B: MAPLE BROWN  
SUGAR OATMEAL,  
BANANAS,  
MILK  
L: PIZZA, STEAMED  
CORN, FRUIT COCKTAIL,  
MILK  
S: FRESH FRUIT, WATER

B: CEREAL, FRESH FRUIT,  
MILK  
L: GRILLED CHICK'N  
BREAST AND BROCCOLI  
WITH RICE,  
SLICED PEARS, MILK  
S: CHEEZ IT, WATER

B: APPLE BREAKFAST  
BITES, MILK  
L: VEGETARIAN  
HOTDOGS, VEGGIE  
BEANS  
MIXED FRUIT, MILK  
S: FRESH FRUIT, WATER

**WEEK OF  
FEBRUARY  
11TH**

B: CEREAL, FRESH FRUIT,  
MILK  
L: STIR FRY TOFU &  
VEGGIES,  
PINEAPPLE CHUNKS,  
WG ROLL, MILK  
S: PIZZA CRACKERS,  
WATER

B: STRAWBERRY  
BANANA YOGURT  
L: ALFREDO PASTA,  
STEAMED BROCCOLI,  
DICED PEARS, MILK  
S: CHEESE & CRACKERS,  
WATER

B: ENGLISH MUFFINS  
AND JELLY, MILK  
L: VALENTINE'S DAY  
LUNCH!!  
S: GOLD FISH, WATER

B: WAFFLES, FRESH  
FRUIT, MILK  
L: VEGETARIAN SLOPPY  
JOE, STEAMED  
CARROTS, FRUIT  
COCKTAIL,  
MILK  
S: M. ORANGES, WATER

B: CEREAL, FRESH FRUIT,  
MILK  
L: GRILLED VEGETARIAN  
GYRO, TZATZIKI SAUCE,  
CUCUMBERS, CUT  
STRAWBERRIES, MILK  
S: FRUIT SALAD, WATER

**WEEK OF  
FEBRUARY  
18TH**

**CLOSED**

B: FRENCH TOAST  
STICKS, FRESH FRUIT,  
MILK  
L: VEGETARIAN CHILI  
W/VEGGIES, PEACHES,  
MILK  
S: SPORTS CRACKERS,  
WATER

B: BLUEBERRY  
MUFFINS, MILK  
L: PIZZA, STEAMED  
BROCCOLI,  
MIXED FRUIT, MILK  
S: FRESH FRUIT,  
WATER

B: CEREAL, FRESH FRUIT,  
MILK  
L: MEDITERRANEAN  
PASTA SALAD, FRESH  
FRUIT, MILK  
S: PIZZA CRACKERS,  
WATER

B: OATMEAL,  
BLUEBERRIES, MILK  
L: CHICK'N DRUMMIES,  
BAKED SP FRIES,  
STEAMED PEAS,  
MIXED FRUIT, MILK  
S: OATMEAL COOKIE,  
WATER