

	Breakfast	Lunch	PMSnack
Monday	<ul style="list-style-type: none"> * 1/4 cup cantaloupe cubes * turkey ham and American cheese Panini on w/w bread * water 	<ul style="list-style-type: none"> * 1/4 fresh yellow pepper * 1 cup ground beef with bowtie pasta * 1/4 cup steamed green beans * 1 slice green apple * water or milk 	<ul style="list-style-type: none"> * 1/2 cup oranges * 8 pc homemade sweet potato chips * water
Tuesday	<ul style="list-style-type: none"> * 4oz plain yogurt with fresh berries and cheerios * water 	<ul style="list-style-type: none"> * 2 baby cucumbers * 1 cup mac & cheese * 2 steamed cauliflower crowns * 1/2 cup chopped pineapple * water or milk 	<ul style="list-style-type: none"> * 3 unsalted crackers (Saltine) with yellow cheddar cheese squares * water
Wednesday	<ul style="list-style-type: none"> * 1/2 fresh pear * 1 slice w/grain bread with peanut butter and jelly * water 	<ul style="list-style-type: none"> * 1/4 fresh red pepper * 1/2 cooked chicken breast * 1/2 avocado * 2 orange wedges * water or milk 	<ul style="list-style-type: none"> * 1 celery stick * 1 baby carrot * mixed nuts (2 cashews, 2 almonds, 2 walnuts) * water
Thursday	<ul style="list-style-type: none"> * 2 apple slices * 1 cup homemade unsweetened rice pudding with dry raisins * water 	<ul style="list-style-type: none"> * 2 fresh zucchini slices * 2 turkey meatballs * 1/2 cup homemade broccoli & cheese soup with crackers * 3 strawberries * water or milk 	<ul style="list-style-type: none"> * 1/2 cup chopped mango * 4 Ritz crackers * water
Friday	<ul style="list-style-type: none"> * 1/2 banana sliced * 1 boiled egg * water 	<ul style="list-style-type: none"> * 3 sugar snap peas * 1 cup pasta salad (penne pasta, canned tuna, canned corn) * 1/2 cup peach slices * water or milk 	<ul style="list-style-type: none"> * 1/2 cup fresh butternut squash cubes * 4 unsalted pretzel bites * water

	Breakfast	Lunch	PMSnack
Monday	<ul style="list-style-type: none"> * 1/2 cup chopped pineapples * 1/2 cup cottage cheese * water 	<ul style="list-style-type: none"> * 2 baby cucumber * 2 mini-burgers (no bun) * 1/2 cup mashed potato with chives * 2 pear slices * water or milk 	<ul style="list-style-type: none"> * 1/2 banana sliced * 3 graham crackers * water
Tuesday	<ul style="list-style-type: none"> * 1/2 cup watermelon cubes * grilled cheese sandwich on 1/2 slice w/w bread * water 	<ul style="list-style-type: none"> * 4 radishes * 2 baked breaded chicken strips * 4 steamed broccoli crowns * 1/2 cup chopped mango * water or milk 	<ul style="list-style-type: none"> * 3 pita slices with fresh berries and granola * water
Wednesday	<ul style="list-style-type: none"> * 1/2 fresh pear * 1 cup cooked oatmeal with green raisins * water 	<ul style="list-style-type: none"> * 4 sugar snap peas * 2 slices turkey breast * 1/2 cup baked sweet potato * 2 steamed cauliflower crowns * water or milk 	<ul style="list-style-type: none"> * 1/2 cup seedless grapes * 1/2 cup cheddar cheese cubes * 2 rice crackers * water
Thursday	<ul style="list-style-type: none"> * 1/2 cup oranges * 2 mini-waffles with homemade fruit sauce * water 	<ul style="list-style-type: none"> * 2 celery sticks * 2 turkey meatballs * 1/2 cup w/w pasta * 1/2 avocado * water or milk 	<ul style="list-style-type: none"> * 1 mini-muffin * fruit smoothie (Greek yogurt with frozen fruits) * water
Friday	<ul style="list-style-type: none"> * 1/2 cup chopped kiwi * 1/2 cup baked omelet with veggies * water 	<ul style="list-style-type: none"> * 1/2 orange pepper * 1/2 baked fish fillet * 1/2 cup grilled bell peppers and sweet onion * 1/2 cup cantaloupe cubes * water or milk 	<ul style="list-style-type: none"> * 2 peanut butter oatmeal granola bites * 2 apple slices * water