MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Whole Wheat Toast with Avocado, Boiled Egg Lunch: Grilled Chicken Patty Sandwich, Salad, Fruit	Breakfast: Oatmeal with Fresh Berries, Low-fat Milk Lunch: Baked Fish, Rice, Steamed Broccoli	Breakfast: Yogurt Parfait with Granola and Honey, Fresh Fruit Lunch: Turkey Wrap with Lettuce, Tomato, Whole Grain Wrap	Breakfast: Whole Grain Cereal with Skim Milk Lunch: Chicken Stir-Fry with Brown Rice	
Breakfast: Grits, Scrambled Eggs, Turkey Bacon, Fruit Cup Lunch: Meatballs, Mashed Potatoes, Green Beans	Breakfast: Sausage Biscuits, Hash Browns, Fruit Salad Lunch: Corndogs, Coleslaw, Corn on the Cob, Fruit	Breakfast: Oatmeal, Yogurt, Fresh Fruit Lunch: Chicken nuggets, French Fries, Mixed Vegetables, Fruit	Breakfast: Pancakes, Bacon, Fresh Fruit Lunch: Meatloaf, Mashed Potato, Broccoli	
Breakfast: French Toast, Sausage, Fruit Cup Lunch: Chicken Tenders, Mac and Cheese, Peas	Breakfast: Waffles, Fresh Fruit Lunch: Fish, Hushpuppies, Okra, Salad	Breakfast: Cereal, Milk Lunch: Hamburger, Baked Beans, Cole Slaw, Fruit	Breakfast: Sausage Egg Sandwich, Fruit Cup Lunch: Spaghetti with Meat Sauce, Garlic Bread, Caesar Salad	
Breakfast: Biscuit with Sausage Gravy, Fruit Cup Lunch: Pulled Pork Sandwich, Baked Beans, Corn	Breakfast: Yogurt Parfait, Granola, Fresh Fruit Lunch: Fried Fish, Potato Salad, Green Beans	Breakfast: Pancakes, Fresh Fruit Lunch: Pizza Rolls, Steamed Carrots, Corn on the Cobb, Fruit	Breakfast: Scrambled Eggs, Bacon, Whole Wheat Toast, Fruit Cup Lunch: BBQ Chicken, Coleslaw, Baked Beans, Whole Wheat Bread	



**All meals has a serving of fruit and a choice of milk/juice

please contact us