DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast 1% or fat-free milk Oatmeal Diced apple	**Breakfast** 1% or fat-free milk Whole-wheat bagel Egg omelet Blueberries	**Breakfast** 1% or fat-free milk Waffles Peaches	**Breakfast** 1% or fat-free milk Wheat Chex® Raspberries	**Breakfast** 1% or fat-free milk Scrambled egg Roasted sweet potato hash
Snack Strawberries Vanilla yogurt Water	**Snack** Broccoli/cauliflower florets Cottage cheese ranch dip Water	**Snack** Pretzel rods Cheddar cheese cubes Water	**Snack** Cucumber slices Whole-grain crackers Water	**Snack** Celery sticks Tuna salad Water
Lunch/Supper 1% or fat-free milk Hot turkey sandwich on whole-wheat bread Green beans Plum	**Lunch/Supper** 1% or fat-free milk Cod fillet Brown rice Garden salad Cantaloupe	**Lunch/Supper** 1% or fat-free milk Chicken breast Whole-wheat roll Mashed potatoes Cherries	**Lunch/Supper** 1% or fat-free milk Roast beef Barley casserole Butternut squash Fresh pear slices	**Lunch/Supper** 1% or fat-free milk Tofu bean chili Whole-corn tortilla Sautéed carrots

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Breakfast 1% or fat-free milk Toasted oats Orange slices	**Breakfast** 1% or fat-free milk Scrambled eggs with cheese Kiwi	**Breakfast** 1% or fat-free milk Cream of Wheat® Banana	**Breakfast** 1% or fat-free milk Bean burrito Applesauce	**Breakfast** 1% or fat-free milk Pancakes Mixed berries
Snack Triscuits® Cheddar cheese Water	**Snack** Apple slices Peanut butter Water	**Snack** Carrot sticks Hummus Water	**Snack** 1% or fat-free milk Soft pretzel	**Snack** Pineapple cubes Yogurt Water

Lunch/Supper
1% or fat-free milk
Roast pork
Corn bread
Roasted red potatoes
Collard greens or spinach
	Lunch/Supper
	1% or fat-free milk
	MorningStar® Garden Veggie
	    Pattie on whole-wheat bun
	Corn
	Watermelon
		Lunch/Supper
		1% or fat-free milk
		Egg salad on whole-grain wrap
		Tomato cucumber salad
		Diced mango
			Lunch/Supper
			1% or fat-free milk
			Baked haddock
			Whole-wheat noodles
			Steamed broccoli
			Carrot-raisin salad
				Lunch/Supper
				1% or fat-free milk
				Chicken stir fry with snow
				    peas and red peppers
				Brown rice
				Mandarin oranges

This institution is an equal opportunity provider.