



Name: _____

Allergies/Dietary Restrictions: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Water <input type="checkbox"/> Chicken Pot Pie <input type="checkbox"/> Beef & Macaroni <input type="checkbox"/> Cheese sandwich House Salad Grapes	Water <input type="checkbox"/> Whole Wheat Penne with Tomato Sauce <input type="checkbox"/> Organic chicken Masala <input type="checkbox"/> Cheese Sandwich Broccoli Apple Square	Water <input type="checkbox"/> Turkey Tacos <input type="checkbox"/> Spaghetti with Sauce <input type="checkbox"/> Cheese Sandwich Mixed bean salad Vanilla pudding	Water <input type="checkbox"/> Shepherd's Pie <input type="checkbox"/> Organic chicken Caesar salad <input type="checkbox"/> Cheese sandwich Carrot sticks Berries (seasonal)	Water <input type="checkbox"/> Cheese tortellini <input type="checkbox"/> Salmon with rice <input type="checkbox"/> Cheese sandwich Cesar salad Carrot squares
Week 2	Water <input type="checkbox"/> Italian Meat Ball Panini <input type="checkbox"/> Grilled Cheese Sandwich <input type="checkbox"/> Cheese Sandwich Cooked Carrots Yogurt	Water <input type="checkbox"/> Chicken Alfredo <input type="checkbox"/> Quesadillas <input type="checkbox"/> Cheese Sandwich Veggies and Dip Brownies	Water <input type="checkbox"/> Lasagna <input type="checkbox"/> Chicken brochettes <input type="checkbox"/> Cheese sandwich Tomato & Cucumber salad Apple sauce & Shortbread	Water <input type="checkbox"/> Organic meatloaf <input type="checkbox"/> Tuna submarines <input type="checkbox"/> Cheese sandwich Broccoli & cheese Banana muffin	Water <input type="checkbox"/> Beef tacos <input type="checkbox"/> Chicken fajitas <input type="checkbox"/> Cheese sandwich Spanish rice Fresh fruit
Week 3	Water <input type="checkbox"/> Spaghetti & Meatballs with red sauce <input type="checkbox"/> Pinwheel wrap <input type="checkbox"/> Cheese Sandwich Potato Salad Jell-O	Water <input type="checkbox"/> Scrambled eggs <input type="checkbox"/> Mini burgers <input type="checkbox"/> Cheese Sandwich Mixed Veggies Orange slices	Water <input type="checkbox"/> Pizzadillas <input type="checkbox"/> Sloppy Joes <input type="checkbox"/> Cheese sandwich Cooked carrots Rice Krispy squares	Water <input type="checkbox"/> Beef hot dog <input type="checkbox"/> Ravioli <input type="checkbox"/> Cheese sandwich Coleslaw Melon balls	Water <input type="checkbox"/> Crispy crumbly baked fish <input type="checkbox"/> Chicken wings <input type="checkbox"/> Cheese sandwich Sweet potato fries Granola bar
Week 4	Water <input type="checkbox"/> Swedish Meatballs <input type="checkbox"/> Vegetarian mini Quiches <input type="checkbox"/> Cheese Sandwich Cucumber slices Chocolate chip cookie	Water <input type="checkbox"/> Macaroni & Cheese <input type="checkbox"/> Veggie Lasagna <input type="checkbox"/> Cheese Sandwich Peas and Carrots Apple slices with chocolate pudding	Water <input type="checkbox"/> Chicken casserole <input type="checkbox"/> Mini Pizzas <input type="checkbox"/> Cheese Sandwich Rotini Salad Crackers and Cheese	Water <input type="checkbox"/> Teriyaki wings <input type="checkbox"/> Fettuccini Alfredo <input type="checkbox"/> Cheese sandwich Sweet corn Oatmeal & raisin cookie	Water <input type="checkbox"/> Penne with roasted vegetables <input type="checkbox"/> Beef stir fry <input type="checkbox"/> Cheese sandwich Brown rice Slices apples and pears