



Aug 31/September Menu

Menu subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast:</p> <p>Lunch:</p> <p>Snack:</p>	<p>Breakfast:Eggs,Sausage with WG.Biscuit</p> <p>Lunch:W.G Spaghetti meatballs. Side salad</p> <p>Snack: WGPretzels,Fruit</p>	<p>Breakfast:WGWaffles 1oz syrup,turkey bacon</p> <p>Lunch:Chicken fingers,sweet potatoes, green beans 2oz roll</p> <p>Snack:WG bar,fruit</p>	<p>Breakfast:WG muffin Egg with cheese</p> <p>Lunch: BBQ Chicken mash potatoes broccoli 2oz roll</p> <p>Snack:WG cracker fruit</p>	<p>Breakfast: Grab and Go (cereal,yogurt,fruit)</p> <p>Lunch: Burgers WG bun Fries,baked beans</p> <p>Snack:smart pop,fruit</p>
<p>Week 2 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast:</p> <p>Lunch:</p> <p>Snack:</p>	<p>Breakfast:</p> <p>Lunch:</p> <p>Snack:</p>	<p>Breakfast:</p> <p>Lunch:</p> <p>Snack:</p>	<p>Breakfast:Eggs,hash Brown WG toast</p> <p>Lunch: Meatballs gravy Diced potatoes,corn 20zWG roll</p> <p>Snack:WGgoldfish,fruit</p>	<p>Breakfast:Breakfast sandwich on WG bun</p> <p>Lunch: Chicken Parm WG pasta,green peas</p> <p>Snack:WG cookie,fruit</p>
<p>Week 3 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and go</p> <p>Lunch: Veggie Lo Mein Spring roll</p> <p>Snack:WG muffin,fruit</p>	<p>Breakfast:WG french toast Turkey bacon</p> <p>Lunch: Dirty rice,with red beans spiced carrots</p> <p>Snack:Cheese stick fruit</p>	<p>Breakfast:WGWaffles 1oz syrup,turkey bacon</p> <p>Lunch: Broccoli alfredo Roast chicken,garlic bread</p> <p>Snack:WG muffin,fruit</p>	<p>Breakfast:</p> <p>Lunch:</p> <p>Snack:</p>	<p>Breakfast:Breakfast pizza</p> <p>Lunch:Haven Husky Dog!Sweet potato fries</p> <p>Snack:yogurt,fruit</p>
<p>Week 4 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and go</p> <p>Lunch:WG mac and cheese,glazed carrots,peas</p> <p>Snack:WG chips,fruit</p>	<p>Breakfast:Egg,sausage Cheese on WG muffin</p> <p>Lunch:Turkey meatloaf Mashed potatoes, Green beans WG roll</p> <p>Snack:WG muffin,fruit</p>	<p>Breakfast: WG Waffles 1oz syrup,turkey bacon</p> <p>Lunch: Lemon chicken Sauteed cabbage carrots,brown rice</p> <p>Snack:WG cracker,fruit</p>	<p>Breakfast:Eggs,WG toast,home fries</p> <p>Lunch:Jerk turkey Butternut squash Green beans,WG roll</p> <p>Snack:WG muffin,fruit</p>	<p>Breakfast:WG pancakes 1oz syrup,turkey sausage</p> <p>Lunch:Chicken club on WG roll,kale and tomato salad</p> <p>Snack:Smart pop,fruit</p>