

	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<b>Breakfast 8:30AM</b>	<b>Cereal</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Plum Bars</b> Oatmeal Brown Sugar Wheat Flour & Butter Egg Replacement Prunes Agave <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Wheat Toast w/ Butter</b> <b>Yogurt</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Oatmeal 'Craisin Bars</b> Oatmeal 'Craisins Brown Sugar & Agave Organic Butter Egg Replacement Whole Wheat Flour <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Cereal</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>
<b>Snack 10AM</b>	<b>Fresh Organic Fruit</b> <b>Water</b>	<b>Fresh Organic Fruit</b> <b>Water</b>	<b>Fresh Organic Fruit</b> <b>Water</b>	<b>Fresh Organic Fruit</b> <b>Water</b>	<b>Fresh Organic Fruit</b> <b>Water</b>
<b>Lunch 11:30AM</b>	<b>Mini Bagel Sandwich</b> Mini Bagels Sliced Turkey Sliced Cheese Organic Romaine <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Spinach Spaghetti</b> Organic Spaghetti Noodles Organic Spinach Organic Marinara Sauce Parmesan Cheese <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Cream of Broccoli</b> <b>Soup</b> Organic Broccoli Onion Heavy Cream Parmesan Cheese Organic Chicken Stock Rice <b>Wheat Roll</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Chicken Ranch</b> <b>Couscous</b> Organic Chicken Wheat Couscous Organics Peas Homemade Ranch <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Cheese Mostaccioli</b> Wheat Pasta Organic Marinara Mozzarella Cheese <b>Fresh Organic Fruit</b> <b>Organic Vegetables</b> <b>Organic Milk</b>
<b>Afternoon Snack 3PM</b>	<b>Fruit Pinwheels</b> Fresh Organic Fruit Cream Cheese Rolled up in Wheat Tortilla <b>Water</b>	<b>Veggies w/ Homemade Dip</b> <b>Organic Milk</b>	<b>Crackers</b> <b>Cheese Slices</b> <b>Water</b>	<b>Homemade Pickles &amp; Cheese Slices</b> <b>Water</b>	<b>Veggies w/ Homemade Dip</b> <b>Water</b>
<b>Snack 5PM</b>	<b>Homemade Snack</b> <b>Water</b>	<b>Homemade Snack</b> <b>Water</b>	<b>Homemade Snack</b> <b>Water</b>	<b>Homemade Snack</b> <b>Water</b>	<b>Homemade Snack</b> <b>Water</b>
	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<b>Breakfast 8:30AM</b>	<b>Cereal</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Pancakes</b> Homemade Whole Wheat Pancake Mix Milk <b>Organic Maple Syrup</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Mini Bagels w/ Cream</b> <b>Cheese</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Homemade Oat Bars</b> Old Fashioned Oats Organic Agave Organic Butter Vanilla Egg Replacement <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Cereal</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>
<b>Snack 10AM</b>	<b>Fresh Organic Fruit</b> <b>Water</b>	<b>Fresh Organic Fruit</b> <b>Water</b>	<b>Fresh Organic Fruit</b> <b>Water</b>	<b>Fresh Organic Fruit</b> <b>Water</b>	<b>Fresh Organic Fruit</b> <b>Water</b>
<b>Lunch 11:30AM</b>	<b>Sliced Turkey Subs</b> Sliced Turkey Cheese Slices Wheat Mini Sub Bun <b>Organic Vegetables</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Sloppy Joes</b> Ground Turkey Homemade BBQ Sauce Wheat Bun <b>Organic Vegetables</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Chicken Noodle Soup</b> Organic Chicken Organic Chicken Stock Organic Carrot & Celery Wheat Pasta <b>Wheat Roll</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Turkey Stroganoff</b> Ground Turkey Wheat Pasta Greek Yogurt Sour Cream Parmesan Cheese <b>Fresh Organic Fruit</b> <b>Organic Vegetables</b> <b>Organic Milk</b>	<b>Homemade</b> <b>Mac &amp; Cheese</b> Wheat Pasta Organic Butter Heavy Cream Cheddar Jack & Parmesan Cheese <b>Organic Vegetables</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>
<b>Afternoon Snack 3PM</b>	<b>Veggies w/ Homemade Dip</b> <b>Water</b>	<b>Crackers &amp; Cheese</b> <b>Slices</b> <b>Water</b>	<b>Strawberry &amp; Cream</b> <b>Cheese Roll Ups</b> <b>Water</b>	<b>Veggies w/ Homemade Dip</b> <b>Water</b>	<b>Trail Mix &amp; Cheese</b> <b>Slices</b> Cheerios Craisins Pretzel Crisps <b>Water</b>
<b>Snack 5PM</b>	<b>Homemade Snack</b> <b>Water</b>	<b>Homemade Snack</b> <b>Water</b>	<b>Homemade Snack</b> <b>Water</b>	<b>Homemade Snack</b> <b>Water</b>	<b>Homemade Snack</b> <b>Water</b>

