

|                              | Monday<br>13  | Tuesday<br>14  | Wednesday<br>15  | Thursday<br>16   | Friday<br>17  |
|------------------------------|---|--|--|--|---|
| <b>Breakfast<br/>8:30AM</b>  | <b>Cereal</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>  | <b>Oatmeal 'Craisin Bars</b><br>Oatmeal & 'Craisins<br>Brown Sugar & Agave<br>Organic Butter<br>Whole Wheat Flour<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>                       | <b>Wheat Toast w/ Butter</b><br><b>Yogurt</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Cereal</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Banana Oat Bars</b><br>Oatmeal<br>Bananas<br>Agave<br>Brown Sugar<br>Butter<br>Flour<br><b>Organic Milk</b>  |
| <b>Snack<br/>10AM</b>        | <b>Fresh Organic Fruit</b><br><b>Water</b>  | <b>Fresh Organic Fruit</b><br><b>Water</b>   | <b>Fresh Organic Fruit</b><br><b>Water</b>   | <b>Fresh Organic Fruit</b><br><b>Water</b>   | <b>Fresh Organic Fruit</b><br><b>Water</b>  |
| <b>Lunch<br/>11:30AM</b>     | <b>Turkey Pita Sandwich</b><br>Pita Bread<br>Sliced Turkey<br>Sliced Cheese<br>Organic Spinach<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>                 | <b>Spinach Spaghetti</b><br>Organic Spaghetti<br>Ground Turkey<br>Pasta<br>Organic Spinach<br>Organic Marinara Sauce<br>Parmesan Cheese<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b> | <b>Chicken Noodle Soup</b><br>Organic Chicken<br>Organic Chicken Stock<br>Organic Carrots<br>Organic Celery<br>Pasta<br><b>Whole Wheat</b><br><b>Multigrain Bread</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b> | <b>Cheesy Turkey &amp; Rice</b><br>Ground Turkey<br>Organic Butter & Heavy<br>Cream<br>Cheddar Jack &<br>Parmesan Cheese<br>Organic Mixed<br>Vegetables<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b> | <b>Cheese Mostaccioli</b><br>Pasta<br>Organic Marinara<br>Mozzarella Cheese<br><b>Fresh Organic Fruit</b><br><b>Organic Vegetables</b><br><b>Organic Milk</b>                             |
| <b>Mini<br/>Meal<br/>3PM</b> | <b>Strawberry &amp; Cream</b><br><b>Cheese Roll Ups</b><br>Strawberry Preserves<br>Cream Cheese<br>Tortilla<br><b>Water</b>   | <b>Chicken Salad &amp;</b><br><b>Triscuits</b><br>Shredded Organic<br>Chicken<br>Greek Yogurt<br><b>Fresh Organic Fruit</b><br><b>Water</b>  | <b>Trail Mix</b><br>Veggie Crisps<br>Cheerios<br>Craisins<br><b>Cheese Slices</b><br><b>Fresh Organic Fruit</b><br><b>Water</b>  | <b>DIY Snack Board</b><br>Sliced Turkey<br>Pretzel Crisps<br>Variety Cheese<br><b>Fresh Organic Fruit</b><br><b>Water</b>  | <b>Homemade Pickles &amp;</b><br><b>Cheese Slices</b><br><b>Pretzel Crisps</b><br><b>Water</b>  |
|                              | Monday<br>20  | Tuesday<br>21  | Wednesday<br>22  | Thursday<br>23   | Friday<br>24  |
| <b>Breakfast<br/>8:30AM</b>  | <b>Cereal</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>  | <b>Homemade Oat Bars</b><br>Old Fashioned Oats<br>Organic Agave & Butter<br>Vanilla<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Pancakes</b><br>Homemade Whole<br>Wheat Pancake Mix<br>Greek Yogurt & Milk<br><b>Organic Maple Syrup</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Banana Oat Bars</b><br>Oatmeal<br>Bananas<br>Agave<br>Brown Sugar<br>Butter<br><b>Organic Milk</b>  | <b>Cereal</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>  |
| <b>Snack<br/>10AM</b>        | <b>Fresh Organic Fruit</b><br><b>Water</b>  | <b>Fresh Organic Fruit</b><br><b>Water</b>   | <b>Fresh Organic Fruit</b><br><b>Water</b>   | <b>Fresh Organic Fruit</b><br><b>Water</b>   | <b>Fresh Organic Fruit</b><br><b>Water</b>  |
| <b>Lunch<br/>11:30AM</b>     | <b>Sliced Turkey Subs</b><br>Sliced Turkey<br>Cheese Slices<br>Wheat Mini Sub Bun<br><b>Organic Vegetables</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b> | <b>Sloppy Joes</b><br>Ground Turkey<br>Homemade BBQ Sauce<br>Wheat Bun<br><b>Organic Vegetables</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>                                     | <b>Chicken Ranch</b><br><b>Couscous</b><br>Organic Chicken<br>Wheat Couscous<br>Organics Peas<br>Homemade Ranch<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Turkey Stroganoff</b><br>Ground Turkey<br>Pasta<br>Greek yogurt<br>Sour cream<br>Parmesan cheese<br>Garlic and Onion<br><b>Organic Vegetables</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>    | <b>Homemade</b><br><b>Mac &amp; Cheese</b><br>Pasta<br>Heavy Cream<br>Cheddar Jack &<br>Parmesan Cheese<br><b>Organic Vegetables</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b> |
| <b>Mini<br/>Meal<br/>3PM</b> | <b>Cottage Cheese &amp;</b><br><b>Fruit</b><br><b>Wheat Crackers</b><br><b>Water</b>  | <b>Pinwheel Sandwiches</b><br>Sliced Turkey<br>Cream Cheese<br>Rolled in Tortilla<br><b>Fresh Organic Veggie</b><br><b>Water</b>   | <b>Wheat Crackers &amp;</b><br><b>Cheese Spread</b><br>Cream Cheese<br>Diced Deli Turkey<br>Worcestershire<br>Garlic and Dill<br><b>Fresh Organic Fruit</b><br><b>Water</b>  | <b>Strawberry &amp; Cream</b><br><b>Cheese Roll Ups</b><br>Strawberry Preserves<br>Cream Cheese<br>Tortilla<br><b>Water</b>  | <b>Wheat Crackers &amp;</b><br><b>Organic Cucumbers</b><br><b>Hummus Dip</b><br><b>Water</b>  |

