

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Penne Pasta Turkey Meat Sauce Carrot Coins, Zucchini	
	WEDNESDAY	Blueberry Pancakes Maple Syrup Turkey Sausage	Orlean's Tuna Salad Citrus Fruit Cup Honey Wheat Roll	Chicken Pizza Broccoli
	THURSDAY	Fruit Ambrosia Granola Bar	Turkey Ham Salad Pretzel Roll Lentil Chili	Turkey Chili Pasta Salad Primavera Cornbread Muffin
	FRIDAY	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger Multi-Grain Roll Carrot & Beet Salad	Baked Atlantic Salmon Stuffed Baked Potato Carrots, Pineapple Crisp
	SATURDAY	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, American Cheese Tomato, Salsa Diced Pears	Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll
P i c k u p 2	SUNDAY	Whole Wheat Bagel Cream Cheese Orange Juice	Meatloaf Sub BBQ Sauce, Creamy Veggie Salad Peaches	Cioppino Seafood Medley Roll, Cream Cheese & Chives Chocolate Pudding
	MONDAY	Blueberry Muffin Raspberry Preserves Yogurt, Orange Juice	Blue Crab Ravioli Soup Vanilla Fruit Gelatin	Mexican Style Burrito Spanish Rice Refried Beans Fajita Veggies, Salsa
	TUESDAY	Greek Mushroom Orange & Raisin Salad	Grilled Cheese with Turkey Mushroom & Artichoke Salad Apricot Pudding	
WEEK 2				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Herb Crusted Whitefish Polenta, Broccoli Lemon	
	WEDNESDAY	Oat & Raisin Scone Orange Marmalade Orange Juice	Salmon Burger Multi-Grain Roll Mango Salsa, V8	Vegetable Ravioli Red Pepper Sauce, Ratatouille Chocolate Mousse
	THURSDAY	Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage	Hummus Pocket Bread Carrot & Cranberry Salad String Cheese	Porcini Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
	FRIDAY	Tomato Mushroom Omelet Brussel Sprout Medley	Mediterranean Pasta Salad with Tuna	Orange Roughy Fish Israeli Cous Cous Mediterranean Veggies
	SATURDAY	Whole Wheat Bagel Cream Cheese Apple Juice	Shrimp Mango Bisque Jicama & Orange Salad Seasoned Pita, V8	Tamale Pie Baked Potato Sour Cream & Chives Corn on the Cob
P i c k u p 2	SUNDAY	Fajita Omelet Mozzarella Chees Breakfast Cobbler	Turkey Sandwich Mayo, Sliced Tomato Tomato & Mushroom Salad	Baked Spaghetti Pie Cauliflower
	MONDAY	Mushroom Strata Chicken Sausage V8	Bistro Chicken Salad (Chicken Breast Tenders with pasta veggies, sauce) Sesame Breadsticks	Barbecue Chicken Anise Roasted Potatoes Baked Beans, Green Beans BBQ Sauce
	TUESDAY	Raisin Bran Muffin Strawberry Preserves Yogurt	Chicken Philly Sub Honey Mustard Mayo American Cheese Peach Pudding	

WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus	
	WEDNESDAY	Corn Bread Muffin Orange Marmalade Cream Cheese, Orange Juice	Chicken Pesto Salad Whole Wheat Roll	Macaroni & Cheese Carrot Coins, Broccoli
	THURSDAY	Asparagus and Swiss Frittata V8 Fusion	Grilled Cheese Lentil Chili Brownie	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
	FRIDAY	Breakfast Pizza Apple Juice	Turkey Burger Mandarin Oranges Ketchup	Shrimp Fettucini Honey Wheat Roll Broccoli
	SATURDAY	Granola & Greek Yogurt Apple Juice	Garden Salad Lemon Veggie Dressing Jalapeño Cornbread String Cheese	Whitefish Parmesan Whole Grain Roll Baby Carrots
	SUNDAY	Eggs Florentine Chicken Sausage Asparagus Spears	Tuna Meltovers Peach Crisp	Chicken Creole Brown Rice Whole Grain Roll
	MONDAY	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Chicken Salad Sandwich Tomato & Mushroom Salad Fruit Cup	Tomato Veggie Pie Cous Cous
P i c k u p 2	TUESDAY	Apple Pancakes Turkey Sausage Maple Syrup	Thai Chicken & Mushroom Soup Coconut Mango Rice Snack Mix	
	TUESDAY			
WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Turkey Meatloaf Sweet Potatoes Green Beans	
	WEDNESDAY	Cranapple Muffin Cran-Orange Cream Cheese Orange	Waldorf Chicken Salad Snack Mix V8	Chicken Fajita Refried Beans Carrots, Salsa
	THURSDAY	Baked Cinnamon Bar Orange Juice	Casablanca Soup Pretzel, Cream Cheese Mustard, Apple	Stir Fry Chicken Oriental Veggies Brown Rice
	FRIDAY	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Captain Stewart's Seafood Sandwich Pretzel Roll, Tartar Sauce Tangarine	Herbed Baked Atlantic Salmon Brown Rice and Veggies Carrot & Jicama Medley
	SATURDAY	Waffles Peaches & Apples in Syrup	Reuben Sandwich Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup	Chicken Parmesan Broccoli Florets Dakota Roll
	SUNDAY	Peachy Keen Muffin Apple Butter Cranberry Juice	Aztec Chicken and Quinoa Salad	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans Sesame Breadsticks
	MONDAY	Cranberry Oat Scone Orange Marmalade Orange Juice	Chicken Florentine Burger V8 Fusion, Apple Chips	Chugwater Chili Sour Cream, Mozzarella Cornbread Biscuit Yogurt Drink
P i c k u p 2	TUESDAY	Greek Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	
	TUESDAY			

WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1 P i c k u p 2	TUESDAY		Curried Shrimp Basmati Rice Minted Carrots	
	WEDNESDAY	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage	Tuscan Boat (Stuffed Potatoes) Nutty Wheatberry Salad V8 Fusion	Chicken and Turkey Brunswick Stew Corn & Lentil Loaf
	THURSDAY	Egg and Broccoli Pie Apple Juice	Michigan Turkey Salad Dakota Roll	Blackened Turkey Carrot Chipotle Puree Italian Veggie Blend Asparagus Risotto
	FRIDAY	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Turkey Swiss Sandwich Relish, Veggie Chips V8	Harissa Salmon Mandarin Orange Cous Cous Veggie Blend
	SATURDAY	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato & Basil Soup Corn & Spinach Salad Yogurt Drink	Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds
	SUNDAY	Fruit & Granola Parfait Cornbread Muffin	Hungarian Turkey over Basmati Rice Pilaf Veggie Blend	Lobster and Veggie Ravioli Cardinal Sauce Italian Veggie Blend
	MONDAY	Mango Cranberry Muffin Orange Marmalade Yogurt Drink	Curry Chicken Salad Mandarin Oranges Crackers	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend
TUESDAY	Noodle Kugel (Sweet Casserole) Applesauce Cranberry Juice	Chicken Alfredo Melt Roasted Veggie Salad Apple		