

Week 1

Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Indian Mattar Paneer	Fire Grilled Steak Bowl	Chicken Enchilada Bake	MI Chicken Cherry Salad w/ Italian Dressing
Side	--	--	--	Basmati Rice (frozen meal)	White Rice (frozen meal)	--	--
Vegetable	Peas & Carrots	Corn	Southwest Vegetables (frozen meal)	Curried Peas & Tomatoes (Frozen meal)	Fajita Vegetables (frozen meal)	Southwest Vegetables (frozen meal)	V8 Juice
Salad	Cucumber Salad	Coleslaw	Fresh Vegetable Salad	Three Bean Salad	Cottage Cheese	Beet & Chickpea Salad	Cottage Cheese
Fruit	Clementine	Pineapple Chunks	Mandarin Oranges	Apple Slices	Diced Peaches	Cottage Cheese w/ Pineapple	Fresh Orange
Snack	String Cheese	White Cheddar Popcorn	Roasted Almonds	Mixed Berry Yogurt	Tropical Fruit Salad	Strawberry Yogurt	Roasted Almonds
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Meal 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Chicken Enchilada Bake	Fire Grilled Steak Bowl	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Macaroni & Cheese	--
Side	--	White Rice (frozen meal)	--	--	--	--	--
Vegetable	Southwest Vegetables (frozen meal)	Fajita Vegetables (frozen meal)	Broccoli & Carrots	Peas	Southwest Vegetables (frozen meal)	Fresh Vegetable Salad	--
Salad	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Fresh Cut Vegetables w/ Ranch	Cucumber Salad	Greek Broccoli Salad	Beet Chickpea Salad	--
Fruit	Seasonal Apple	Grapes	Grapes	Banana	Diced Pears	Clementine	--
Snack	Vanilla Pudding	Blueberry Yogurt	String Cheese	Strawberry Applesauce	Greek Strawberry Yogurt	White Cheddar Popcorn	--
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	--

Week 2

Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Fire Grilled Steak Bowl	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Chicken Enchilada Bake	Black Bean Enchilada	Mediterranean Quinoa Salad
Side	White Rice <i>(frozen meal)</i>	--	--	--	--	--	--
Vegetable	Fajita Vegetables <i>(frozen meal)</i>	Corn	Sliced Carrots	Southwest Vegetables <i>(frozen meal)</i>	Southwest Vegetables <i>(frozen meal)</i>	Southwest Vegetables <i>(frozen meal)</i>	Cucumbers & Grape Tomatoes w/ salad
Salad	Tossed Greens w/ Italian Dressing	Cottage Cheese	Coleslaw	Cucumber & Tomatoes w/ Italian Dressing	Garbanzo Bean & Cucumber Salad	Fresh Vegetable Salad	Cucumber & Garbanzo Salad
Fruit	Fruit Cocktail	Tropical Fruit Salad	Fresh Apple	Mandarin Oranges	Clementine	Unsweetened Applesauce	Fresh Apple
Snack	Chocolate Pudding	Mixed Berry Yogurt	Greek Strawberry Yogurt	Tostitos Corn Chips	Cottage Cheese w/ peaches	White Cheddar Popcorn	Roasted Almonds
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Meal 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Indian Mattar Paneer	Chicken Enchilada Bake	Fire Grilled Steak Bowl	Vegetable Burrito Bowl	Indian Mattar Paneer	Vegetable Burrito Bowl	--
Side	Basmati Rice <i>(frozen meal)</i>	--	White Rice <i>(frozen meal)</i>	--	Basmati Rice <i>(frozen meal)</i>	--	--
Vegetable	Curried Peas & Tomatoes <i>(Frozen meal)</i>	Southwest Vegetables <i>(frozen meal)</i>	Fajita Vegetables <i>(frozen meal)</i>	Peas & Carrots	Curried Peas & Tomatoes <i>(Frozen meal)</i>	Stir Fry Vegetables w/ Carrots	--
Salad	Cottage Cheese	Garbanzo Bean & Cucumber Salad	Cucumber Salad	Fresh Cut Vegetables	Coleslaw	Greek Broccoli Salad	--
Fruit	Banana	Strawberry Applesauce	Clementine	Seasonal Fresh Fruit	Banana	Orange Juice Box	--
Snack	Roasted Almonds	String Cheese	Cottage Cheese	Low-fat Vanilla Yogurtf	String Cheese	Blueberry Yogurt	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

Week 3

Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Chicken Enchilada Bake	Fire Grilled Steak Bowl	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Indian Mattar Paneer	Chicken Caesar Salad w/Caesar Dressing
Side	--	White Rice <i>(frozen meal)</i>	--	--	--	Basmati Rice <i>(frozen meal)</i>	--
Vegetable	Southwest Vegetables <i>(frozen meal)</i>	Fajita Vegetables <i>(frozen meal)</i>	Green Beans	Peas & Carrots	Southwest Vegetables <i>(frozen meal)</i>	Curried Peas & Tomatoes <i>(frozen meal)</i>	Baby Carrots
Salad	Greek Broccoli Salad	Tossed Greens w/ Italian Dressing	3 Bean Salad	Coleslaw	Cottage Cheese	Garbanzo Bean & Cucumber Salad	Coleslaw
Fruit	Fruit Cocktail	Pineapple Chunks	Seasonal Fruit	Mandarin Oranges	Tropical Fruit Salad	Banana	Strawberry Applesauce
Snack	String Cheese	Roasted Almonds	Unsweetened Applesauce	Roasted Almonds	Vanilla Yogurt	Cottage Cheese w/ Pineapple	White Cheddar Popcorn
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Meal 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Macaroni & Cheese	Black Bean Enchilada	Mediterranean Quinoa Salad	Fire Grilled Steak Bowl	Vegetable Burrito Bowl	Fire Grilled Steak Bowl	--
Side	--	--	--	White Rice <i>(frozen meal)</i>	--	White Rice <i>(frozen meal)</i>	--
Vegetable	California Mixed Vegetables	Southwest Vegetables <i>(frozen meal)</i>	Cucumbers & Grape Tomatoes <i>(w/ salad)</i>	Fajita Vegetables <i>(frozen meal)</i>	Sliced Zucchini	Fajita Vegetables <i>(frozen meal)</i>	--
Salad	Fresh Vegetable Salad	Beet Chickpea Salad	Garbanzo Bean & Cucumber Salad	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Ranch Dressing	Coleslaw	--
Fruit	Fresh Orange	Diced Peaches	Banana	Seasonal Apple	Grapes	Seasonal Apple	--
Snack	Vanilla Pudding	Cottage Cheese	Vanilla Yogurt	Strawberry Yogurt	String Cheese	Blueberry Yogurt	--
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	--

Week 4

Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Indian Mattar Paneer	Chicken Enchilada Bake	Fire Grilled Steak Bowl	Vegetable Burrito Bowl	Macaroni & Cheese	Vegetable Burrito Bowl	Mediterranean Quinoa Salad
Side	Basmati Rice (frozen meal)	--	White Rice (frozen meal)	White Rice (frozen meal)	--	White Rice (frozen meal)	--
Vegetable	Curried Peas & Tomatoes (Frozen meal)	Southwest Vegetables (frozen meal)	Fajita Vegetables (frozen meal)	Fajita Vegetables (frozen meal)	Fresh Vegetable Salad	Fajita Vegetables (frozen meal)	Cucumbers & Grape Tomatoes (w/ salad)
Salad	Cottage Cheese	Fiesta Coleslaw	3 Bean Salad	Tossed Greens w/ Italian Dressing	Cottage Cheese	Cucumber Salad	Cottage Cheese
Fruit	Apple Slices	Unsweetened Applesauce	Mandarin Oranges	Unsweetened Applesauce	Pineapple Chunks	Tropical Fruit Salad	Diced Peaches
Snack	Roasted Almonds	Cottage Cheese w/ Pineapple	Greek Strawberry Yogurt	Vanilla Yogurt	Roasted Almonds	String Cheese	Strawberry Yogurt
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Indian Mattar Paneer	Fire Grilled Steak Bowl	Chicken Enchilada Bake	--
Side	--	--	--	Basmati Rice (frozen meal)	White Rice (frozen meal)	--	--
Vegetable	Coleslaw	California Mixed Vegetables	Southwest Vegetables (frozen meal)	Curried Peas & Tomatoes (Frozen meal)	Fajita Vegetables (frozen meal)	Southwest Vegetables (frozen meal)	--
Salad	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Italian Dressing	Beet & Chickpea Salad	Coleslaw	Garbanzo Bean & Cucumber Salad	Fresh Cut Vegetables	--
Fruit	Clementine	Seasonal Apple	Grapes	Apple Slices	Banana	Grape Juice Box	--
Snack	String Cheese	Roasted Almonds	Tostitos Corn Chips	String Cheese	Chocolate Pudding	Tostitos Corn Chips	--
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	--