



Weekly Plan 03 February 2020 - 07 February 2020

| Mon (3) | Tue (4) | Wed (5) | Thu (6) | Fri (7) |
|---|---|---|---|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Cereal, Fresh Fruit, Yogurt | Waffles, Fresh Fruit, & Milk | Oatmeal, Fresh Fruit & Yogurt | Pancakes, Fresh Fruit, Milk | Cereal, Fresh Fruit, Yogurt |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Garbanzo Beans, Samosa, Chicken Pot Pie, Fruits | Fruits, Zucchini Fritters, chicken masala | Stir Fry Veggies w/ Tofu, Chicken Pot Stickers, Veggie Pot Stickers | Buttermilk Naan, Veggie Couscous, Roasted Chicken | Pasta with Alfredo Sauce, Mixed Veggies, grilled chicken |

Weekly Plan 10 February 2020 - 14 February 2020

| Mon (10) | Tue (11) | Wed (12) | Thu (13) | Fri (14) |
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| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Cereal, Fresh Fruit, Yogurt | Waffles, Fresh Fruit, & Milk | Oatmeal, Fresh Fruit & Yogurt | Pancakes, Fresh Fruit, Milk | Cereal, Fresh Fruit, Yogurt |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Fruits, Cheese Sandwich, Stir Fry Veggies w/ Tofu, Turkey Sandwich | Carrots & Celery, Chicken Nuggets, Veggie Nuggets | Crunchy Veggie Tacos, Crunchy Chicken Tacos, Rice & Beans | Fruits, Basmati Rice, Palak Paneer, Chicken Adobo | Mixed Veggies, Meat Balls, Veggie Balls, Pasta with Alfredo Sauce |

Weekly Plan 17 February 2020 - 21 February 2020

| Mon (17) | Tue (18) | Wed (19) | Thu (20) | Fri (21) |
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| | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| | Waffles, Fresh Fruit, & Milk | Oatmeal, Fresh Fruit & Yogurt | Pancakes, Fresh Fruit, Milk | Cereal, Fresh Fruit, Yogurt |
| | LUNCH | LUNCH | LUNCH | LUNCH |
| | Steam Vegetables, Veggie Balls, Meat Balls, Spaghetti with Marinara Sauce | Fruits, Cheese Bread, Garlic Bread, Vegetarian Lasagna | Mixed Veggies, Veggie Fritters, Mac n Cheese, Baked Chicken | Mixed Veggies, stir fry tofu, Veggie Pot Stickers, Chicken Pot Stickers |

Weekly Plan 24 February 2020 - 28 February 2020

| Mon (24) | Tue (25) | Wed (26) | Thu (27) | Fri (28) |
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| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Cereal, Fresh Fruit, Yogurt | Waffles, Fresh Fruit, & Milk | Oatmeal, Fresh Fruit & Yogurt | Pancakes, Fresh Fruit, Milk | Cereal, Fresh Fruit, Yogurt |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Sweet Potatoes & Mixed Veggies, Artisan Cheese Pizza | Fruits, Barley Soup, Sweet Potato Fries, Chicken Burgers, Veggie Burger | Basmati Rice, Veggie Eggrolls, Masala Chicken | Mixed Veggies, Sweet Potato Fries, Cheese Quesadillas, Chicken Quesadillas | Fruits, Rice, Chicken Broccoli, Fried Tofu w/ Broccoli |