



Sample

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>1 Breakfast: Waffles (W) with maple syrup, banana, 1% milk. Lunch: Buckwheat (WG), seasoned ground beef, steamed broccoli, apple, 1% milk Late lunch: Scrambled eggs, pita bread (WW), baby carrot</p>	<p>2 Breakfast: Jam with toast bread (WG), apple slices, 1% milk. Lunch: Meatball soup with vegetables, pita bread (WW), swiss cheese, apple, 1% milk. Late lunch: Shell pasta (EW), plain yogurt.</p>	<p>3 Breakfast: Hard boiled eggs, pita bread (WW), orange slices , 1% milk. Lunch: Rice (WG), oven roasted chicken thigh, corn, apple, 1% milk. Late lunch: Oven roasted potato,pita bread (WW), apple juice</p>	<p>4 Breakfast: Cream cheese, toast bread (WG), apple slices, 1% milk. Lunch: Beef and vegetables stew, cucumber, swiss cheese, pita bread (WW), apple, 1% milk. Late lunch: Vermicelli (EW), plain yogurt.</p>	Servings sizes Breakfast
<p>7 Breakfast: French toast (W), orange slices, 1% milk . Lunch: Lentil soup with vegetables and ground beef,tomato, swiss cheese, pita bread (WW) , apple, 1% milk. Late lunch: Mashed potatoes,pita bread (WW), apple juice.</p>	<p>8 Breakfast: Cereal (WG), apple slices, 1% milk. Lunch: Vermicelli (EW), grill chicken breast strips , carrot & cabbage salad, apple, 1% milk. Late lunch: Scrambled eggs, pita bread (WW), baby carrot</p>	<p>9 Breakfast: Pancakes (W) with maple syrup, apple slices, 1% milk. Lunch: Yogurt and wheat soup (spas) with ground beef patties (cutlet), cucumber, pita bread (WW), apple, 1% milk. Late lunch: Vermicelli (EW), cucumber.</p>	<p>10 Breakfast: Hard boiled eggs, pita bread (WW), orange slices, 1% milk. Lunch: Buckwheat (WG), seasoned ground beef,green peas and carrot, apple, 1% milk Late lunch: Shell pasta (EW), plain yogurt.</p>	<p>11 Breakfast: Fruit yogurt & graham crackers(W), apple slices , 1% milk. Lunch: Vermicelli (EW) & beef cubes soup with mixed vegetables, tomato, mozzarella sticks, pita bread (WW), apple, 1% milk . Late lunch: Oven roasted potato pita bread (WW), apple juice.</p>	Servings sizes Lunch
<p>14 Breakfast: (W) Pancakes with maple syrup, apple slices, 1% milk Lunch: Vegetables soup with beef cubes(Borch), cucumber, swiss cheese, pita bread (WW), apple, 1% milk. Late lunch: Vermicelli (EW), plain yogurt.</p>	<p>15 Breakfast: Waffles (W) with maple syrup, banana, 1% milk. Lunch: Buckwheat, oven roasted chicken thigh, corn, apple, 1% milk. Late lunch: Scrambled eggs, pita bread (WW), baby carrot</p>	<p>16 Breakfast: Fruit yogurt & graham crackers(W), orange slices, 1% milk. Lunch: Spinach soup with ground beef, tomato, mozzarella sticks, pita bread (WW) , apple, 1% milk. Late lunch: Rice, tomato.</p>	<p>17 Breakfast: Hard boiled eggs , pita bread (WW), orange slices , 1% milk. Lunch: Rice, chicken breast strips, green beans, apple, 1% milk. Late lunch: Oven roasted potato,pita bread (WW), apple juice.</p>	<p>18 Breakfast: Cream cheese, toast bread (WG) , apple slices, 1% milk. Lunch: Yogurt and wheat soup (spas) with ground beef patties (cutlet), cucumber, pita bread (WW), apple, 1% milk. Late lunch: Shell pasta (EW), tomato.</p>	Servings sizes Late Lunch
<p>21 Breakfast: Pancakes (W) with maple syrup, apple slices, 1% milk Lunch: Rice (WG) and chicken soup with mixed vegetables, tomato, swiss cheese, pita bread (WW), apple, 1% milk. Late lunch: Vermicelli (EW), cucumber.</p>	<p>22 Breakfast: Cereal (WG), orange slices, 1% milk. Lunch: Rice (WG) , oven roasted chicken thigh, green peas and carrot, apple, 1% milk. Late lunch: Scrambled eggs, pita bread (WW), baby carrot</p>	<p>23 Breakfast: Jam with toast bread (WG), orange slices, 1% milk. Lunch: Meatball soup with vegetables, cucumber, pita bread (WW), swiss cheese, apple, 1% milk. Late lunch: Rice (WG) tomato.</p>	<p>24 Breakfast: Hard boiled eggs, pita bread (WW), orange slices , 1% milk. Lunch: Vermicelli (EW), grill chicken breast strips , carrot & cabbage salad, apple, 1% milk. Late lunch: Oven roasted potato, pita bread(WW), apple juice.</p>	<p>25 Breakfast: Fruit yogurt & graham crackers(W), orange slices, 1% milk. Lunch: Lentil soup with vegetables and ground beef,tomato, swiss cheese, pita bread (WW) , apple, 1% milk. Late lunch: Shell pasta (EW), plain yogurt</p>	
<p>28 Breakfast: French toast (W), orange slices, 1% milk . Lunch: Rice (WG) and chicken soup with mixed vegetables, cucumber, swiss cheese, pita bread (WW), apple, 1% milk. Late lunch: Oven roasted potato pita bread (WW),apple juice</p>	<p>29 Breakfast: Waffles (W) with maple syrup, banana, 1% milk. Lunch: Buckwheat (WG), seasoned ground beef, steamed broccoli, apple, 1% milk Late lunch: Scrambled eggs, pita bread (WW), baby carrot</p>	<p>30 Breakfast: Jam with toast bread (WG), apple slices, 1% milk. Lunch: Meatball soup with vegetables, pita bread (WW), swiss cheese, apple, 1% milk. Late lunch: Shell pasta (EW), plain yogurt.</p>			**Menu subject to change. * (WG) - Whole Grain * (EW) - Enriched Wheat * (W) - Wheat * (WW) - Whole Wheat