

Week Day Menu

Discover **THE POWER** Of Nutrition

Breakfast
 Mon - Fri 8:30 - 9:30am
 Sat—Sun 9:00—9:30

Sat—Sun 12:00—1:00

Lunch
 Mon - Fri 11:30 - 1:30pm
 Sat - Sun 5:00 - 5:30

Week I



**GOOD
 FOOD
 is
 GOOD
 MOOD**

Monday, Mar. 9, 2026

Breakfast

Turkey Bacon 2 sl
 WW Toast 2 sl
 Marg/Jelly 1 ea
 Asst. Cereals 1 oz
 100% Apple Juice 4 oz
 Mandarin Oranges ½ cup
 Choice of Milk 8oz

No Meat, No Problem

Vegetable Lasagna 1 sv
 Or
 Turkey Ham Sandwich
 or Yogurt 1 ea
 +
 French Bread 2 sl
 Margarine 1 pk
 Grilled Green Beans ½ cup
 Fresh Fruit Cup ½ cup
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz

Tuesday, Mar. 10, 2026

Breakfast

WG Froot Loops Waffles 2 ea
 Syrup 1 oz/Marg 1 ea
 Asst. Cereals 1 oz
 100% Fruit Punch 4 oz
 Fruit Cocktail ½ cup
 Choice of Milk 8oz

Pick Your Protein

Choice of Hamburger, Grilled
 Chicken or Veg Burger 1 sv
 Mayo, Mustard,
 Hot Sauce 1 ea
 Or
 Turkey Sandwich
 or Yogurt 1 ea
 +
 Seasoned Fries ½ cup
 Ketchup 2 pks
 Endless Topping ½ cup
 Roasted Cauliflowers ½ cup
 Strawberry Applesauce ½ cup
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz

Wed., Mar. 11, 2026

Breakfast Basics

Mini Egg Frittata 1 ea
 Oatmeal or Cheesy Grits ½ cup
 Asst. Granola 1 sv
 English Muffin 1 ea
 Cinnamon Baked Apples ½ cup
 Asst. Yogurts 1 ea
 Asst. Juice, Milk 1 ea

Lunch Basics

Beef Chipotle Bowl 1 sv
 Shr. Lettuce, Tomato,
 Cheese ½ cup
 Or
 SB & J Sandwich/Cheese Stick
 or Yogurt 1 ea
 +
 Seasoned Brown Rice ½ cup
 Grilled Peppers, Onions 2 oz
 Chicken Tortilla Soup 6 oz
 Fresh Sliced Pineapple ½ cup
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz

Thursday, Mar. 12, 2026

Breakfast

Nutrigrain Bar 1 ea
 Berry Berry Smoothie 1 cup
 Asst. Cereals 1 oz
 100 % Orange Juice 4 oz
 Pears in Juice ½ cup
 Choice of Milk 8 oz

The Root Of The Matter

Honey Roasted Chicken 1 ea
 Or
 Turkey Ham Sandwich
 or Yogurt 1 ea
 +
 Baked Sweet Potato 1 sv
 Salad Bar w/Root Veggies
 Home Baked Bread
 w/Honey Butter 1 ea
 Orange Wedges 4 ea
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz

Friday, Mar. 13, 2026

Breakfast

WW Banana Muffin 1 ea
 Asst. Cereals 1 oz
 100% Apple Juice 4 oz
 Banana 1 ea
 Choice of Milk 8 oz

It's a Wrap!!

Chicken Ceasar, Beef Onion or
 Vegetable Wrap 1 sv
 Mayo, Hot Sauce 1 ea
 Or
 Turkey Cheese Sandwich
 or Yogurt 1 ea
 +
 Asst, Baked Chips 1 bag
 Celery & Carrot w/Dip 1 sv
 Kiwi & Grapes Plate ½ cup
 Choice of Fresh Fruit
 Basket 1 sv
 Choice of Milk 8 oz