

WEEK 1	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Cereal Pop Tarts Fruit Punch Juice Milk	Ham & Cheese Stuffed Pastry Cheese Sauce Broccoli Cole Slaw Almond Bars & Milk	Cheeseburger Hotdish White Bread, Butter Cauliflower Cottage Cheese Peaches-Milk	Chex Mix & Orange Juice
TUESDAY	Cereal Breakfast Bites Applesauce Cups Milk	Chicken Rice Soup Pita Pizza Parmesan Cheese Lettuce & Dressings Pear, Milk	Swiss Steak w/Onions & Gravy Buttered Noodles Green Beans Canned Fruit Sherbet, Milk	Nacho Cheese Doritos & Grape Juice
WEDNESDAY	Cereal Breakfast Hot Pockets Apple Juice Milk	Chicken Chow Mein Baked Rice, Crispy Noodles Soy Sauce Cranberries Frosted Brownies. Milk	Sloppy Joes, Bun Onion rings, Ketchup, Pickles Coleslaw Grapes Milk	Nutri Grain Bar & Fruit Punch Juice
THURSDAY	Cereal Iced Cinnamon Twists Diced Peach Cups Milk	Broccoli Cream Soup Turkey & Swiss Cheese Hoagie Buns Mayo, Mustard Jello Crushed Pineapple, Milk	Lasagna Hotdish & Hot Garlic Bread Corn, Parmesan Cheese Lettuce & Dressings Cherry Cheese Cake, Milk	Almond Bar & Chocolate Milk
FRIDAY	Cereal Iced Fruit Sticks Grape Juice Milk	Cheeseburger, Bun Curly Fries, Ketchup, Mustard Carrot & Celery Sticks Frosted Chocolate Chip Cake Milk	BBQ Pork Ribs Oven Brown Potatoes Ketchup California Veg. Cottage Cheese Fruit Cup, Milk	Cheese Ritz Bitz & Apple Juice
SATURDAY	Milk Iced Apple Fritters Yogurt	Chicken Nuggets, Ketchup & Ranch Dressing Potato Chips Toss Salad Cinnamon Applesauce, Milk	Chili & (without meat) Shredded Cheese Corn Bread/Honey Butter Toss Salad Ranger Cookies, Milk	Goldfish Cookies & Milk
SUNDAY	Chocolate Milk Cereal Bars Mixed Fruit Cups	Pancakes Ham Slices Maple Syrup, Butter Yogurt, Cherry Bars Apple Juice, Milk	Pizza Patty on Bun Pizza Sauce Corn Chips Toss Salad Strawberries, Milk	BBQ Chips & Orange/Pineapple Juice

WEEK 2	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Cereal Crunch Donuts Apple Juice Milk	Tomato Soup Grilled Cheese Sandwich Pasta Salad Kiwi Milk	Taco Salad w/Lettuce, Tomato, Shredded cheese & Refried Beans Salsa, Sour Cream Grapes Ice Cream, Milk	Sour Cream & Onion Chips & Grape Juice
TUESDAY	Cereal Iced Bavarian Long Johns Tapioca Pudding Cups Milk	Baked Chicken Mashed Potatoes, Gravy, Butter Winter Mix Cottage Cheese Pumpkin Cake w/topping & Milk	Hot Beef Sandwich on a Bun Cheese Sauce-Ketchup-Mustard Corn Chips Veggie Sticks Banana, Milk	Cheese & Cracker Snacks & Orange Juice
WEDNESDAY	Cereal Cinnamon Rolls & Icing Yogurt Milk	Fish Wedges Tarter Sauce Potato Skins, Ketchup Mixed Vegetables Jello Peaches, Milk	Pork Chops in Gravy Baked Rice Carrots Canned Fruit Butterscotch Pudding Milk	Rice Krispie Carmel Bar & Chocolate Milk
THURSDAY	Cereal Granola Bar Orange/Pineapple Juice Milk	Pizza Hotdish Italian Vegetables Parmesan Cheese, Garlic Bread Lettuce & Dressings Yellow Cake w/frosting, Milk	Beef Barley Soup Chicken Patty on Bun, Mayo, Ketchup Cottage Cheese, Lettuce, Tomato Mandarin Oranges Milk	Soft Pretzels w/Cheese Sauce & Apple Juice Cups
FRIDAY	Cereal, Breakfast Biscuits Orange Juice Milk	Chicken Noodle Soup Hamburgers, Fried Onion Ketchup, Mustard Coleslaw Fruit Salad Mixed w/ Topping Milk	Taco Meatloaf, Ketchup Baked Potatoes, Butter Salsa, Sour Cream Peas Lettuce & Dressings Choc. Cake w/Frosting, Milk	Cheese Popcorn & Fruit Punch Juice
SATURDAY	Milk Frosted Cake Donuts Strawberry Applesauce Cups	Corn Dog Ketchup, Mustard Baked Beans Toss Salad Peanut Butter Cookies Milk	Scalloped Potatoes & Ham Dinner Rolls-Butter Broccoli Toss Salad Tropical Fruit Salad Milk	Mini Oreo Cookies & Orange/Pineapple Juice
SUNDAY	Chocolate Milk Powered Mini Donuts Diced Peach Cups	Sloppy Joes on Bun Tri tators, Ketchup Toss Salad Jello Salad w/Topping Milk	Chicken Fajitas Tortilla Shells Green Peppers, Onion, Salsa, Sour Cream, Refried Beans, Toss Salad Fruit Tarts w/Topping, Milk	Corn Chips & Grape Juice

WEEK 3	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Cereal Fruit Sticks Yogurt Milk	Beef Goulash Fresh White Bread, Butter California Veggies Canned Fruit Blueberry Bars w/Cream Cheese Frosting	Hot Turkey Sandwich Mashed Potatoes, Gravy, Butter Veggie Sticks Pineapple Milk	Goldfish Crackers & Orange Juice
TUESDAY	Cereal Cereal Bar Fruit Punch Juice Milk	Cheese Soup Chicken Patty on Bun Lettuce, Tomato, Mayo, Ketchup Choc. Mousse Pear, Milk	Taco Pizza w/Lettuce, Cheese, Tomatoes, Green Peppers, Onions, Black Olives, Salsa, Sour Cream Cottage Cheese Cherry Cake w/Frosting, Milk	Lorna Doone Cookies & Chocolate Milk
WEDNESDAY	Cereal Breakfast Bagels Orange Juice Milk	Marinated Beef Tips X-Wide Noodles Peas Yogurt, Jell-O Cake w/ Topping, Milk	Ham & Am. Slices on Croissants Mayo, Mustard Tator Tots, Ketchup Lettuce & Dressing Pears, Milk	PB & J Uncrustables & Fruit Punch Juice
THURSDAY	Cereal Streusel Coffee Cake Cinnamon Applesauce Cups Milk	Cheddarwurst, Bun Grilled Hashbrowns Mustard, Ketchup Pasta Salad Tropical Fruit Salad	Spiral Noodles w/Meat Sauce or Vegetarian Sauce Parmesan Cheese Cauliflower, Garlic Bread Coleslaw Vanilla Pudding, Milk	French Onion Sun Harvest Chips & Orange/ Pineapple Juice
FRIDAY	Cereal Breakfast Bites Apple Juice Milk	Chef Salads, Turkey & Ham Tomatoes, Cucumbers, Boiled Eggs Sh. Cheese, Ranch Dressing, Reg. and Lo-Cal French Dressing Cottage Cheese Butterscotch Chip Cookies, Milk	Turkey Rice Soup Philly Beef on a Hoagie Green Pepper, Onion, Mayo, Ketchup Jello Strawberries & Milk	Cheddar Cheese Chex Mix & Milk
SATURDAY	Milk Eclairs Mixed Fruit Cups	Meat-n-Cheese Ravioli Corn Cobbettes Bread Sticks, Butter Toss Salad Grapes, Milk	Meatballs in Mushroom Gravy Mashed Potatoes, Butter Toss Salad, Mixed Veggies Frozen Yogurt, Milk	Popcorn & Orange Juice
SUNDAY	Chocolate Milk Cream Cheese Muffin Grape Juice	French Toast Little Smokies Butter - Maple Syrup Cinnamon Applesauce Frosted Peanut Butter Bars Apple Juice, Milk	Cheeseburger on Bun Curly Fries Ketchup, Mustard Toss Salad Fruit Cup, Milk	Cool Ranch Doritos & Apple Juice

WEEK 4	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Cereal Iced Fruit Turnovers Orange Juice Milk	Cream Of Potato Soup Turkey & Ham Club Mayo, Mustard, Swiss Cheese Veggie Sticks Peaches, Milk	Chicken Stir Fry Rice, Soy Sauce Cottage Cheese Choc. Cake w/Frosting Milk	Hard Pretzels & Fruit Punch Juice
TUESDAY	Cereal Blueberry Bagels w/ Cream Cheese Banana Pudding Cups Milk	Macaroni-N-Cheese California Veg Fresh Bread, Butter Canned Fruit, Apple Pie Milk	Chicken Gyro Cucumber Sauce Potato Skins, Ketchup Veggie Pasta Salad Strawberries, Milk	Peanut Butter Ritz Bitz & Grape Juice
WEDNESDAY	Cereal Breakfast Biscuits Fruit Punch Juice Milk	Chili & (Without Meat) Shredded Cheese, Breadsticks, Butter Lettuce & Dressing, Jello Salad Milk	Roast Turkey Sage Dressing, Gravy, Peas Cranberries Pumpkin Bar w/Cream Cheese Milk	Teddy Grahams & Chocolate Milk
THURSDAY	Cereal Cereal Bar Yogurt Milk	Chicken Enchiladas Shredded Lettuce, Diced Tomatoes, Salsa, Sour Cream Refried Beans Pineapple Chunks Chocolate Pudding, Milk	Cheese Soup Sloppy Joes, Bun Baked Beans Veggie Sticks Cinnamon Applesauce, Milk	Sour Cream & Onion Chips & Orange/Pineapple Juice
FRIDAY	Cereal Banana Muffins Apple Juice Milk	Grilled Ham & American Cheese Sandwich Potato Chips Cole Slaw Mandarin Oranges Milk	Homemade Pizza Sausage, Pepperoni Cheese, Parmesan Cheese Broccoli, Lettuce & Dressing Double Chocolate Cookies, Milk	Animal Crackers & Milk
SATURDAY	Milk Iced Cluster Donuts Diced Peach Cups	Chicken Patty on Bun Mayo, Ketchup Pasta Salad Toss Salad Jell-O Cake w/Frosting, Milk	Baked Potato Bar Assorted Toppings - Ham, Bacon, Cheese Sauce, Sour Cream Toss Salad Fruit Cocktail, Milk	Cheddar Sun Harvest Chips & Fruit Punch Juice
SUNDAY	Chocolate Milk French Glazed Donuts Applesauce Cups	Fish Wedges French Fries Tartar Sauce, Ketchup Candid Carrots Toss Salad Kiwi, Milk	Tator Tot Hotdish Dinner Rolls, Butter Corn Toss Salad Choc. Pudding Tart Milk	Mini Chips Ahoy Cookies & Grape Juice

FALL & WINTER (07-08)		EAU CLAIRE ACADEMY		Dietitian Signature	
WEEK 5	BREAKFAST	LUNCH	DINNER	SNACK	

MONDAY	Cereal Cereal Bar Fruit Punch Juice Milk	Spaghetti w/Meat Sauce Italian Veggies, Parmesan Cheese Garlic Bread Cottage Cheese Apple Squares, Milk	BBQ Pork on Bun Oven Brown Potatoes Coleslaw, Ketchup Pears, Milk	Elf Grahams & Orange/Pineapple Juice
TUESDAY	Cereal Iced Cream Long John Chocolate Pudding Cups Milk	Chicken Dumpling Soup Tacos-Lettuce, Tomato, Sh. Cheese, Salsa, Sour Cream Jello Apricots Milk	Meat Stuffed Pastry Gravy Green Bean Casserole Veggie Sticks Lemon Bar, Milk	Fruit Rollup - Footlong Apple Juice
WEDNESDAY	Cereal Egg & Cheese Omelet Orange Juice Milk	Hamburger Gravy Mashed Potatoes Butter, Dinner Roll Mixed Veggies Lettuce & Dressing Choc. Chip Cookies, Milk	Fish Rectangles, Bun, Tartar Sauce Potato Chips Broccoli Yogurt Crushed Pineapple Milk	Rice Krispie Double Chocolate Bars & Milk
THURSDAY	Cereal Cinnamon Rolls, Butter Strawberry Applesauce Cups Milk	Tomato Noodle Soup Grilled Cheese Sandwich Pasta Salad Tropical Fruit Salad Milk	Baked Chicken Baking Powder Biscuits, Honey Butter Peas Cranberries, Ice Cream Milk	Vanilla Cream Cookies & Choc. Milk
FRIDAY	Cereal Granola Bar Yogurt Milk	Beef-N-Bean Burritos Lettuce, Tomato, Salsa, Sour Cream Corn, Cottage Cheese Chocolate Mousse, Milk	Vegetable Beef Soup Pizza Melts, Parmesan Cheese Lettuce & Dressing Fruit Cup, Milk	Cheese Curls & Grape Juice
SATURDAY	Milk Bavarian Filled Donuts Diced Peach Cups	Shaved Turkey Croissants American Slices, Mayo, Mustard Nacho Chips, Toss Salad Strawberries, Milk	Ham Steaks & Mustard Au Gratin Potatoes Candied Carrots Toss Salad Cream Cheese Brownie, Milk	Snak-ens Mix & Orange/Pineapple Juice
SUNDAY	Chocolate Milk Blueberry Muffin Mixed Fruit Cups	Belgian Waffles Sausage Links Butter - Maple Syrup Applesauce Cookie N Cream Cake w/ Topping Orange Juice, Milk	Beef Pot Roast & Gravy Baked Potatoes, Sour Cream, Butter Winter Mix Toss Salad Mandarin Oranges Milk	Funjuns & Milk