

WEEK 1

Menus
Due:

Monday	Tuesday	Wednesday	Thursday	Friday
Choose One	Choose One	Choose One	Choose One	Choose One
Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk
Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers
Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin
Choose One	Choose One	Choose One	Choose One	Choose One
Banana	Banana	Banana	Banana	Banana
Fruit Cup	Pineapple Tidbits	Fruit Cup	Fruit Cup	Applesauce
Apple Slices	Apple Slices	Mandarin Oranges	Apple Slices	Pineapple Tidbits
Choose One	Choose One	Choose One	Choose One	Choose One
Stuffed Cabbage	Roast Turkey with Gravy	Swedish Meatballs	Chicken And Gravy	Honey Roasted Chicken
Hamburger with a Bun	Hot Dog with a Bun	Hamburger with a Bun	Grilled Turkey Rueben on Rye	Hamburger with a Bun
Tuna Salad with Wheat Bread	Egg Salad with Wheat Bread	Sliced Turkey with Wheat Bread	Tuna Salad with Wheat Bread	Sliced Turkey with Wheat Bread
Choose One	Choose One	Choose One	Choose One	Choose One
Chicken Noodle Soup	Northern Bean Soup	Beef Noodle Soup	Chicken Vegetable Soup	Matzoh Ball Soup
Sweet Potato Fries	Stuffing	Egg Noodles	Whip Potato	Roasted Potatoes
Rice Pilaf	Rice Pilaf	French Fries	Biscuit	Rice Pilaf
Choose One	Choose One	Choose One	Choose One	Choose One
Green Beans	Whipped Squash	Zucchini	Green Peas	Carrot Tzimmies
Tossed Salad	Vegetable Medley	Tossed Salad	Tossed Salad	Vegetable Medley
Choose One	Choose One	Choose One	Choose One	Choose One
Fruit Cup	Mandarin Oranges	Fruit Cup	Banana	Fruit Cup
Applesauce	Applesauce	Pineapple Tidbits	Applesauce	Applesauce
Gelatin	Gelatin	Gelatin	Gelatin	Gelatin
Pound Cake	Sugar Cookie	Frosted Cupcake	Pound Cake	Double Chocolate Chip Cookie
Choose One	Choose One	Choose One	Choose One	Choose One
Orange	Orange	Orange	Orange	Orange
Apple	Apple	Apple	Apple	Apple
Cranberry	Cranberry	Cranberry	Cranberry	Cranberry

Date:

WEEK 2

Menus

Due:

Monday	Tuesday	Wednesday	Thursday	Friday
Choose One	Choose One	Choose One	Choose One	Choose One
Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk
Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers
Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin
Choose One	Choose One	Choose One	Choose One	Choose One
Banana	Banana	Banana	Banana	Banana
Fruit Cup	Pineapple Tidbits	Fruit Cup	Fruit Cup	Applesauce
Apple Slices	Apple Slices	Mandarin Oranges	Apple Slices	Pineapple Tidbits
Choose One	Choose One	Choose One	Choose One	Choose One
Stuffed Pepper	Salisbury Steak	Cranberry Roast Turkey	Pulled BBQ Brisket	Fried Chicken
Hamburger with a Bun	Hot Dog with a Bun	Grilled Turkey Rueben on Rye	Hot Dog with a Bun	Hamburger with a Bun
Tuna Salad with Wheat Bread	Egg Salad with Wheat Bread	Sliced Turkey with Wheat Bread	Tuna Salad with Wheat Bread	Sliced Turkey with Wheat Bread
Choose One	Choose One	Choose One	Choose One	Choose One
Lentil Soup	Minestrone Soup	Stuffed Pepper Soup	Split Pea Soup	Roast Cauliflower Soup
Sweet Potato Fries	Roast Sweet Potato	French Fries	Macaroni Salad	Potato Salad
Rice Pilaf	Rice Pilaf	Rice Pilaf	Rice Pilaf	Rice Pilaf
Choose One	Choose One	Choose One	Choose One	Choose One
Green Beans	Mixed Vegetables	Cauliflower and Peppers	Peas and Carrots	Zucchini Carrots and Peppers
Tossed Salad	Vegetable Medley	Tossed Salad	Tossed Salad	Vegetable Medley
Choose One	Choose One	Choose One	Choose One	Choose One
Fruit Cup	Mandarin Oranges	Fruit Cup	Banana	Fruit Cup
Applesauce	Applesauce	Pineapple Tidbits	Applesauce	Applesauce
Gelatin	Gelatin	Gelatin	Gelatin	Gelatin
Frosted Cupcake	Chocolate Chip Cookie	Pound Cake	Sugar Cookie	Frosted Cupcake
Choose One	Choose One	Choose One	Choose One	Choose One
Orange	Orange	Orange	Orange	Orange
Apple	Apple	Apple	Apple	Apple
Cranberry	Cranberry	Cranberry	Cranberry	Cranberry

Date:

WEEK 3

Menus

Due:

Monday	Tuesday	Wednesday	Thursday	Friday
Choose One	Choose One	Choose One	Choose One	Choose One
Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk	Cold Cereal and Milk
Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers	Yogurt and Gram Crackers
Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin	Yogurt and Muffin
Choose One	Choose One	Choose One	Choose One	Choose One
Banana	Banana	Banana	Banana	Banana
Fruit Cup	Pineapple Tidbits	Fruit Cup	Fruit Cup	Applesauce
Apple Slices	Apple Slices	Mandarin Oranges	Apple Slices	Pineapple Tidbits
Choose One	Choose One	Choose One	Choose One	Choose One
Goulash	Open Face Turkey Sandwich with Gravy	Beef Stew	Veal Sausage w/Peppers & Onions	Roasted Chicken
Hamburger with a Bun	Hot Dog with a Bun	Hamburger with a Bun	Grilled Turkey Rueben on Rye	Hamburger with a Bun
Tuna Salad with Wheat Bread	Egg Salad with Wheat Bread	Sliced Turkey with Wheat Bread	Tuna Salad with Wheat Bread	Sliced Turkey with Wheat Bread
Choose One	Choose One	Choose One	Choose One	Choose One
French Onion Soup	Squash Bisque	Chicken & Rice Soup	Lentil & Root Vegetable Soup	Matzoh Ball Soup
Dinner Roll	Brown Rice	Whipped Potatoes	Roasted Sweet Potatoes	Parsley Boiled Potatoes
Rice Pilaf	Whipped Potatoes	French Fries	Whipped Potatoes	Rice Pilaf
Choose One	Choose One	Choose One	Choose One	Choose One
Corn	Mixed Vegetables	Cabbage & Carrots	Corn & Red Peppers	Whipped Squash
Tossed Salad	Vegetable Medley	Tossed Salad	Tossed Salad	Vegetable Medley
Choose One	Choose One	Choose One	Choose One	Choose One
Fruit Cup	Mandarin Oranges	Fruit Cup	Banana	Fruit Cup
Applesauce	Applesauce	Pineapple Tidbits	Applesauce	Applesauce
Gelatin	Gelatin	Gelatin	Gelatin	Gelatin
Pineapple Cup	Apple Pie Bar	Chocolate & Vanilla Layered Mousse Cup	Yellow Cake w/Chocolate Frosting	Blueberry Pie
Choose One	Choose One	Choose One	Choose One	Choose One
Orange	Orange	Orange	Orange	Orange
Apple	Apple	Apple	Apple	Apple
Cranberry	Cranberry	Cranberry	Cranberry	Cranberry

Date: