

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Morning snack</i>				
Shreddies w milk (1%) Orange slices	Whole w toast with pea butter Milk (1%)	Whole wheat pita w cream cheese Apples	Whole wheat toast w cinnamon Milk (1%) Bananas	Shreddies w milk (1%) Bananas
<i>Lunch</i>				
Tortellini filled with cheese, tomato sauce Mixed bean salad with Italian dressing Brussels sprouts, carrots Orange slices Milk (1%)	Tacos w whole wheat flat bread, ground beef, shredded cheddar cheese, romaine lettuce, tomato Apples Milk (1%)	Pollack filets baked in tomato sauce Brown rice Green beans, cucumbers Bananas Milk (1%)	Quiche w eggs, cheddar cheese 3 mixed dark green lettuce w tomato, cucumber Raspberry dressing Whole wheat bread Milk (1%)	Green lentil soup with celery, zucchini, carrots & turkey kolbasa Whole wheat bread Milk (1%)
<i>Vegetarian Alternative for meat, fish meals</i>				
Same	Soy protein replacing ground beef	Tofu slices for fish substitute	Same	Same without meat
<i>Afternoon Snack</i>				
Graham crackers w cheese cubes Apples Milk (1%)	Raisin Bread w cream cheese Oranges	Whole wheat pita w tofu spread Apples	Pea butter on whole wheat bagels Milk (1%)	Whole wheat English muffins w cream cheese Bananas
Snacks/meals can occasionally be substituted with nutritionally equivalent foods according to availability – see substitute menu				
3 rd snack – late snack (5.30 pm) fruit of the day, substitute whole wheat crackers				