

Monday

Tuesday

Wednesday

Thursday

Friday

Protein: Plant-Based Nuggets (4 each) Whole Grain: WG Cheez-it (1 bag) Vegetable: California Blend (4 oz) Fruit: Fresh Apple (1 each) Condiment: BBQ (1 each)	Protein: Buffalo Chicken Enchilada Dip (4 oz) Whole Grain: WG Tortilla Chips (1 oz) Vegetable: Raw Carrots w/ Ranch (4oz) Fruit: Fresh Pear (1 each) Condiment: Hot Sauce, Ranch (1 each)	Protein: Jerk Chicken (1 Drumstick) Whole Grain: WG Yellow Rice (4 oz) Vegetable: Sliced Cucumbers (4 oz) Fruit: Fresh Orange (1 each) Condiment: Hot Sauce / Ranch	Protein: All Beef Hot Dog (1 each) Whole Grain: WG Hot Dog Bun (1) Vegetable: Potato Wedges (4 oz) Fruit: Fresh Grapes (4 oz) Condiment: Ketchup (x2), Mustard (1)	Protein: Turkey Sausage Patty (3 each) Whole Grain: WG Biscuit (1 each) Vegetable: Hashbrown Casserole (4 oz) Fruit: Fresh Banana (1 each) Condiment: Ketchup
Protein: Turkey Kielbasa w/ Peppers and Onions (1) Whole Grain: WG Bun (1) Vegetable: Carrots (4 oz) Fruit: Fresh Apple (1) Condiment: Hot Sauce	Protein: Ground Beef Soft Taco (3 oz) Whole Grain: WG Tortilla (2 each) Vegetable: Mexicorn (4 oz) Fruit: Fresh Orange (1 each) Condiments: Taco Sauce, Sour Cream Cheddar Cheese (5 oz)	Protein: West African chicken (1 drumstick) Whole Grain: WG Jollof Rice (3.5 oz) Vegetable: Raw Carrots Fruit: Fresh Pear (1 each) Condiment: Ranch (1 each)	Protein: Cheeseburger (1) Whole Grain: WG Burger Bun (1 each) Vegetable: Potato Wedges (4 oz) Fruit: Fresh Grapes (4 oz) Condiments: Ketchup x2, Mayo & Mustard (1 each), Pickles (.25 oz)	Protein: Breaded Chicken Leg (1) Whole Grain: WG Roll (1 each) Vegetable: Mashed Potatoes (4.5 oz) Fruit: Fresh Banana (1 each) Condiment: Hot Sauce (1 each)
Protein: Impossible Chicken Tenders (2) Whole Grain: WG Pretzels (1) Vegetable: California Blend (4 oz) Fruit: Fresh Orange (1 each) Condiment: Honey Mustard, Ketchup (1)	Protein: Fajita Chicken Taco (3oz) Whole Grain: WG Tortilla (2) Vegetable: Mexicorn (4oz) Fruit: Fresh Pear (1) Condiment: Taco Sauce, Sour Cream (1), Shredded Cheese (.5oz)	Protein: Dr. Pepper Chicken (1) Whole Grain: WG Corn Bread Bites (3) Vegetable: Broccoli Coleslaw (4 oz) Fruit: Fresh Banana (1)	Protein: Chicken Patty Parm sandwich Whole Grain: WG Bun (1) Vegetable: Potato Wedges (4oz) Fruit: Apple (1) Condiment: Ketchup, Marinara, Red Pepper Flakes (1)	Protein: Philly Cheesesteak (4 oz) Whole Grain: WG Hot Dog Bun (1) Vegetable: Raw Carrots (4 oz) Fruit: Grapes (4 oz) Condiment: Ranch (1)
Protein: BBQ Beef Riblet (1 each) Whole Grain: WG Bun (1 each) Vegetable: Succotash Fruit: Fresh Orange (1) Condiment: BBQ Sauce	Protein: Al Pastor Beef Tacos (3 oz) Whole Grain: WG Tortillas (2) Vegetable: Mexican Green Beans (TBD) Fruit: Fresh Pear (1 each) Condiment: Pico (.5 oz), Sour Cream (1)	Protein: Salsa Verde Chicken (1 Drum) Whole Grain: WG Tortilla Chips (1oz) Vegetable: Corn Salad Fruit: Fresh Banana (1) Condiment: Hot Sauce	Protein: Pizza Sloppy Joe (3 oz) Whole Grain: WG Bun (1) Vegetable: Potato Wedges (4 oz) Fruit: Fresh Apple (1) Condiment: Ketchup, Mozzarella Slice (1)	Protein: Sweet & Sour Chicken (2oz) Whole Grain: WG Brown Rice (4 oz) Vegetable: Raw Carrots (4oz) Fruit: Fresh Grapes (4 oz) Condiment: Fortune Cookie, Soy Sauce, Sweet & Sour Sauce