

## Week #1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Waffles, Fruit and Milk	Toast, Fruit and Milk	Oatmeal with Blueberries and Milk	Scrambled Eggs, Toast and Milk	Cereal with Fruit and Milk
<b>Lunch</b>	Fish Burgers with Buns, Cheese and Raw Veggies	Vegetable Quesadillas with Sour Cream, Salsa and Raw Vegetables	Pierogis with Bean Salad and Sour Cream	Chili, Boiled Potatoes and vegetables with Cheddar Cheese	Beef Tacos with Sour Cream, Cheese, Salsa and Lettuce
<b>Afternoon Snack</b>	Oatmeal Cookies and Fruit	Stone Wheat Thins with Pea Butter and Fruit	Fruit Cups and Arrowroot Cookies	Vegetables with Dip and Stone Wheat Thins	Birthday Treats (Brownies) with Fruit

*Water is available at all meals and throughout the day.*

*Meal alternatives will be provided for children with documented allergies or food restrictions.*

*All recipes are dietician-approved and are Vilma-specialties.*

## Week #2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Toast with Fruit and Milk	Waffles with Fruit and Milk	Cereal with Fruit and Milk	Yogurt, Toast and Milk	Hash Browns, Scrambled Eggs and Milk
<b>Lunch</b>	Vegetable Soup, Tuna Sandwiches and Cheese	Lemon Chicken with Rice, Coleslaw and Cheese Cubes	Shepherd's Pie and Steamed Vegetables	Butter Chicken and Rice with Corn	Grilled Cheese Sandwiches and Raw Vegetables
<b>Afternoon Snack</b>	Berry Crisp	Goldfish with Apples and Pea Butter	Applesauce with Cheese	Vegetable Platter with Dip and Stone Wheat Thins	Granola Bars and Fruit

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### Week #3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Oatmeal with Blueberries and Milk	Boiled Eggs with Toast and Milk	French Toast with Milk	Yogurt and Toast with Fruit and Milk	Cereal with Fruit and Milk
<b>Lunch</b>	Lentil Soup, Buns with Margarine, Cucumber and Cheese	Grilled Chicken, Pasta, Vegetables and Parmesan Cheese	Mini Pita Pizza with Sliced Cucumbers	Spaghetti and Raw Vegetables with Parmesan	Salmon with Cream Sauce, Rice and Coleslaw
<b>Afternoon Snack</b>	Oatmeal Cookies and Fruit	Yogurt and Fruit	Fruit Cups and Graham Crackers	Naan Bread and Hummus	Cereal with Dried Fruit

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### Week #4

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Toast and Scrambled Eggs with Milk	Quiche with Fruit and Milk	Cereal with Fruit and Milk	Apple Muffins and Milk	Bagels with Cream Cheese and Milk
<b>Lunch</b>	Minestrone Soup with Buns and Cheese	Sloppy Joes with Steamed Vegetables and Grated Cheddar Cheese	Chicken Fingers with Yam Fries and Steamed Vegetables	Beef Lasagna and Raw Vegetables	Baked Fish with Cream Sauce, Boiled Potatoes and Vegetables
<b>Afternoon Snack</b>	Carrot Cake	Fresh Fruit and Yogurt	Fruit Cups with Graham Crackers	Rice Pudding	Cheese with Pepperoni and Pineapple

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## Week #5

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal with Fruit and Milk	English Muffins with Scrambled Eggs and Milk	Egg and Cheese Burritos with Milk	Toast with Fruit and Milk	Oatmeal with Blueberries and Milk
<b>Lunch</b>	Chicken Noodle Soup with Beans, Cheese and Raw Vegetables	Salmon with Cream Sauce, Rice and Steamed Vegetables	Meat Loaf with Mashed Potatoes and Vegetables	Meat Balls, Pasta, Salad and Parmesan Cheese	Chicken Quesadillas with Sour Cream, Salsa and Raw Vegetables
<b>Afternoon Snack</b>	Banana Cookies	Rice Cakes with Pea Butter and Fruit	Applesauce with Arrowroot Cookies	Apple Crisp	Pizza Bites

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## Week #6

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal with Fruit and Milk	Toast with Fruit and Milk	Quiche with Fruit and Milk	French Toast and Milk	Oatmeal with Blueberries and Milk
<b>Lunch</b>	Pizza Bagels and Raw Vegetables	Chicken Burgers with Buns, Cheese and Mixed Salad	Spaghetti with Cheese and Salad	Chili, Rice, Steamed Vegetables and Grated Cheddar Cheese	Fish Sticks with French Fries, Cheese and Zucchini
<b>Afternoon Snack</b>	Blueberry Muffins	Smoothies and Arrowroot Cookies	Mixed Cereal and Dried Fruit	Pita Bread and Hummus	Birthday Treats (Date Chocolate Bars)

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