



MONDAY, 2-9 TUESDAY, 2-10 WEDNESDAY, 2-11 THURSDAY, 2-12 FRIDAY, 2-13 SATURDAY, 2-14 SUNDAY, 2-15

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Yogurt
Granola
Fruit

Beverages:
Coffee/tea,
milk, juice

Toast
Peanut butter
Banana

Beverages:
Coffee/tea,
milk, juice

Oatmeal
Eggs
Fruit

Beverages:
Coffee/tea,
milk, juice

Cereal
Milk
Hard-boiled
eggs

Beverages:
Coffee/tea,
juice

Pancakes
Fruit topping

Beverages:
Coffee/tea,
milk, juice

Smoothie bowl
Muffin

Beverages:
Coffee/tea,
milk, juice

Waffles
Eggs
Fruit

Beverages:
Coffee/tea,
milk, juice

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Lentil soup
Grilled cheese
Fruit
Cornbread
Side salad

Beverages:
Water, milk, tea
Dessert:
Fresh fruit cup

Veggie burger
Salad
Soup
Rice
Roll

Beverages:
Water, milk
Dessert: Suga
-free pudding

Cheese quesadilla
Salsa
Fruit
Brown rice
Side veggies

Beverages:
Water, tea
Dessert: Low-fat
yogurt with fruit

Egg salad
Crackers
Veggie sticks
Fruit
Mashed potatoes

Beverages:
Water, milk
Dessert: Baked
cinnamon apple

Tuna casserole
Side salad
Roll
Corn

Beverages:
Water, milk
Dessert: Small
ice cream scoop

Mac & cheese
(with added
veggies)
Peas, Salad,
Bread

Beverages:
Water, tea
Dessert: Angel
food cake with
berries

Soup & half
sandwich
Potatoes
Carrots
Roll

Beverages:
Water, herbal tea
Dessert:
Fruit sorbet

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Shrimp slice
(or veggie
alternative)
Mixed veggies

Beverages:
Water, decaf

Light bean chili
Salad

Beverages:
Herbal tea, water

Baked tilapia
slice
Spinach

Beverages:
Milk, water

Vegetable
lasagna slice
Garlic bread

Beverages:
Tea, water

Stuffed peppers
slice (veggie or
light seafood)
Rice

Beverages:
Herbal tea,
water

Salmon patties
slice (or veggie
patties)
Green beans

Beverages:
Milk, water

Light turkey
tetrzini
Broccoli

Beverages:
Tea, water

DIETICIAN SIGNATURE:
