Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	½ Cup oats prepared w/ water, dash vanilla extract, dash cinnamon, 2 Tbsp Raisins 6 oz milk/soy milk	1 Mini whole wheat bagel 2 tbsp cream cheese ½ C Applesauce	1 hard boiled egg ¾ C Puffins cereal ½ C milk/soymilk Clementine	1 Whole grain waffle 1.5 tbsp sunflower seed butter ½ C berries	10 ounces purple power smoothie
Snack	½ C Apple slices ½ C whole grain crackers	½ C Annie's cheddar bunnies 1 clementine	Yogurt tube 1/2 C Baby Carrots	2 x 4" Celery stalks 1 tbsp sunbutter	1 Chocolate Chip Z bar protein
Lunch	Sunflower butter "hot dog": WW bun with small banana and 2 tbsp sunflower seed butter 1/3 C baby carrots	Veggie Burger: Bean burger on whole wheat pita 1 oz sl cheese 1/3 C peppers	Turkey sandwich: 2 slices wheat 2 oz turkey 1 tbsp hummus ¼ C dice cherry tomatoes 6 oz milk/ soy	**½** grilled cheese sandwich: 2 slices wheat 1 slice mild cheddar, spinach & tomato ¼ C sliced strawberries	Make your own pizza day: 3 oz whole wheat dough, 1/3 C no sugar added pizza sauce 1.5 oz cheese Ad lib veggies
Snack	Z bar fruit & veggie ½ C milk/soy milk	½ serving corn tortilla chips 2 tbsp salsa	½ C Whole grain pretzels String cheese	6 oz yogurt	½ C Chopped melon/ cantaloupe ¼ C honey yogurt dip
Dinner	*3/4 Vegetable quesadilla: Large wheat or 2 corn tortillas w/ ½ C black beans, ½ Cup cooked spinach, ¼ C cooked onions, 2 ounces cheese	2 oz chicken tenderloin 1/3 C mashed sweet potato, 1/3 C cooked broccoli	3/4 C Annie's mac and cheese 1/3 C peas	Turkey hot dog: Nitrate/hormone free on whole wheat 1/3 C cooked carrots	3 coleman chicken nuggets 1/3 C brown rice, 1/3 C spinach