**Weeklong Menu Plan**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast:Whole Wheat ToastBananaMilk  | Breakfast:Whole Wheat PancakeApplesMilk | Breakfast:CerealOranges Milk/Orange Juice | Breakfast:OatmealStrawberriesMilk | Breakfast:French ToastCantaloupe Milk  |
| Lunch:Grilled Cheese on Whole Wheat Bread,KiwiCorn | Lunch:Sunbutter & Jelly Sandwich,CauliflowerGrapes | Lunch:Whole Wheat Cheese Pizza,PearsSteamed Broccoli  | Lunch:Turkey WrapsOrangesCarrots & Fat-Free Ranch | Lunch:Cheese QuesadillaRiceCucumber & Fat-Free Ranch |
| Snack:Yogurt & RaisinsMilk | Snack:Carrots & Fat-Free RanchMilk | Snack:Apple SlicesCheese CubesMilk | Snack:Granola BarMilk | Snack:Graham CrackersBanana  |