**Weeklong Menu Plan**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast:  Whole Wheat Toast  Banana  Milk | Breakfast:  Whole Wheat Pancake  Apples  Milk | Breakfast:  Cereal  Oranges  Milk/Orange Juice | Breakfast:  Oatmeal  Strawberries  Milk | Breakfast:  French Toast  Cantaloupe  Milk |
| Lunch:  Grilled Cheese on Whole Wheat Bread,  Kiwi  Corn | Lunch:  Sunbutter & Jelly Sandwich,  Cauliflower  Grapes | Lunch:  Whole Wheat Cheese Pizza,  Pears  Steamed Broccoli | Lunch:  Turkey Wraps  Oranges  Carrots & Fat-Free Ranch | Lunch:  Cheese Quesadilla  Rice  Cucumber & Fat-Free Ranch |
| Snack:  Yogurt & Raisins  Milk | Snack:  Carrots & Fat-Free Ranch  Milk | Snack:  Apple Slices  Cheese Cubes  Milk | Snack:  Granola Bar  Milk | Snack:  Graham Crackers  Banana |