

# Weekly Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Warm hidden veggie muffins with oranges

Whole grain cereal O's with a banana

Warmed whole grain english muffin with butter on top and blueberries

Warmed pumpkin spiced home baked loaf w/ sliced strawberries

Baked veggie quiche with slivered pears

AM Snack

Fresh spinach dip with organic whole grain pita/Naan bread

Fresh guacamole with Broccoli Florets

Cooled cottage cheese topped with chopped pineapple

Baked Sweet Potato Crisps with a banana

Organic Applesauce with organic baked graham crackers

Lunch

**Homemade Pocket Pizzas:**  
Whole Grain Pita, packed full of fresh chopped peppers, cheese, pizza sauce, and pepperoni Paired w/ banana and steamed veggies

**Teriyaki Chicken Casserole:**  
Steamed carrots and broccoli, mixed with warmed chicken and teriyaki sauce, on a bed or whole grain rice. Paired with sliced pears

**Signature Recipe:**  
Whole Grain Pasta with Signature Tomato Sauce, Topped with Parmesan cheese with a Tossed Caesar Salad with cheese and Sliced Oranges  
\*sub DF cheese

**Beef & Quinoa meatloaf muffins:**  
Baked organic ground turkey mixed with spices, topped with sugar-free ketchup, paired with steamed seasoned carrots and cubed watermelon

**Ooey-Gooey Grilled cheese:**  
Whole grain bread packed full of cheddar cheese paired with fresh blueberries and creamy tomato soup

PM Snack

Cooled cucumber slices with Homemade Ranch Greek Yogurt Dip

Homemade vanilla greek yogurt bark with raspberry swirls paired with granola

Freshly slivered tomato slices paired with mozzarella cheese pearls

Crisp celery with wow butter to dip

Homemade Trail Mix with a side of Fresh Fruit Salad