

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cottage cheese and fruit	Fruit muffin	Cereal and milk	Granola and fruit	Fruit smoothie
AM Snack	Omelette squares	Blueberry banana smoothie	Green eggs and ham	Chocolate strawberry chia pudding	Waffles
Lunch	Veggie stir fry	Marinara zoodles	Sweet pea risotto	Super green mushrooms and orzo soup	BBQ brisket*
PM Snack	Stuffed zucchini	Wrapped brussels	BLT crostini	Spinach dip and peppers	Puff asparagus

* Vegetarian Options Available