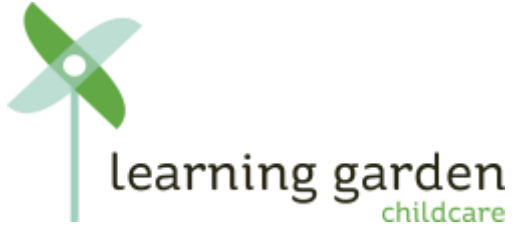




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Muesli Round French Toast with Real Maple Syrup Water/Milk	Overnight Apple-Cinnamon Oats Water/Milk	Fruit Yogurt with Homemade Nut-Free Granola Water/Milk	Breakfast Burrito - Scrambled Eggs & Organic Salsa Water/Milk	Homemade Flourless Sweet Potato Muffins Water/Milk
Lunch	Butternut Squash and Carrot Soup Broccoli and Cheese Quiche Fresh Fruit Water/Milk	Tomato and Cucumber Salad Moussaka Fresh Fruit Water/Milk	Whole Wheat Toast Points Chicken and Root Vegetable Stew Fresh Fruit Water/Milk	Quinoa Veggie Medley Maple-Chili Tofu Bites Fresh Fruit Water/Milk	Mixed Steamed Vegetables Cabbage Roll Casserole Fresh Fruit Water/Milk
Afternoon Snack	Homemade Tofu Spinach Hummus with Veggies and Rice Cakes	Cinnamon Cream Cheese Apple Pinwheels	Baked Zucchini Loaf	Wild Salmon & Cucumber Slices on Stone Wheat Thins	Chocolate Chip, Banana and Oatmeal Protein Bites

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cinnamon-Raisin Rounds with Cream Cheese and Apple Butter Water/Milk	Homemade Rolled Crepes with Organic Fruit Jam Water/Milk	Homemade Carrot-Apple- Spice Muffins Water/Milk	Hard Boiled Eggs with Whole Wheat Toast Water/Milk	Organic Apple Sauce with 5-Grain Quinoa Muesli Water/Milk
Lunch	Vegetable Soup Falafel Subs with Yogurt Sauce and Cucumbers Fresh Fruit Water/Milk	Sliced Vegetables Crispy Wild Salmon & Mashed Potato Bites Fresh Fruit Water/Milk	Cucumber-Yogurt Raita Butter Chicken on Brown Rice w/ Mixed Veggies Fresh Fruit Water/Milk	Tomato and Cucumber Salad Whole Wheat Macaroni and Cheese Fresh Fruit Water/Milk	Sweet Potato Cubes Meat Loaf with Tomato Sauce Fresh Fruit Water/Milk
Afternoon Snack	Albacore Tuna & Cucumber Slices on Crackers	Chocolate Cranberry Protein Bites	Homemade Pizza Hummus Whole Wheat Pinwheels	Baked Spinach Bites	Organic Salsa and Cheese Slices on Whole Wheat Mini Pitas



WEEK 3 – FALL/WINTER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Fruit Yogurt with Homemade Nut-Free Granola Water/Milk	Overnight Banana Oats with Cinnamon Water/Milk	Breakfast Burrito with Eggs & Cheese Water/Milk	Homemade French Toast w/ Maple Syrup Water/Milk	Homemade Oatmeal and Blueberry Muffins Water/Milk
Lunch	Red Lentil Soup Chickpea, Mushroom and Zucchini Loaf Fresh Fruit Water/Milk	Cabbage-Apple Slaw Beef and Tofu Sloppy Joes Fresh Fruit Water/Milk	Mixed Steamed Vegetables White Kidney Bean Soup with Toast Points Fresh Fruit Water/Milk	Sweet Potato-Parsnip Fries Baked Chicken or Tofu Nuggets & Dipping Sauce Fresh Fruit Water/Milk	Carrot Salad Turkey and Spinach Pasta Bake Fresh Fruit Water/Milk
Afternoon Snack	Wild Salmon Salad on Stone Wheat Thins	Apple Slices & Mini Pitas with Maple-Sour Cream Dip	Wow Butter and Banana Whole Wheat Pinwheels	Mira's Special "Corn Pie"	Homemade Greek Yogurt Dill Dip with Rice Cakes & Veggies



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Quinoa Flour Protein Banana Pancakes Water/Milk	Baked Vegetable and Egg Frittata Water/Milk	Whole Grain Cereal with Fruit & Raisins Water/Milk	Egg Salad on Whole Wheat Toast Water/Milk	Bagels w/ Cream Cheese and Veggies Water/Milk
Lunch	Florentine Tomato Soup Grilled Cheese Sandwiches and Red Peppers Fresh Fruit Water/Milk	Maple Glazed Carrots Chicken Risotto Fresh Fruit Water/Milk	Garlic Toast Points Hearty Beef, Veggie and Bean Chili Fresh Fruit Water/Milk	Mixed Vegetable Medley Beba's Wild Sole w/ Dill Sauce on Brown Rice Fresh Fruit Water/milk	Whole Wheat Pasta Turkey-Zucchini Meatballs in Marinara Sauce Fresh Fruit Water/Milk
Afternoon Snack	Albacore Tuna Salad Bites	Homemade Mozzarella Tofu Dip with Rice Cakes & Veggies	Oatmeal Raisin Protein Bites	Homemade Black Bean Dip with Cheese on Mini Pitas	Homemade White Chocolate and Cranberry "Cookie"