



BREAKFAST

LUNCH

SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Oatmeal WG	Apple Cinnamon Bagels WG, Butter	Chex Cereal WG	Peach Yogurt Parfait	Berry Waffles WG
Watermelon Slices	Fresh Honeydew	Banana	Homemade Granola WG	Fresh Pineapple
Low Fat Milk	Low Fat Milk	Low Fat Milk	Orange Wedges	Low Fat Milk
Low Fat Milk			Low Fat Milk	
Pollo Guisado (Chicken Stew)	Jerk Chicken Sandwich, WG Focaccia	Spanish Omelette WW Parker House Roll	Spaghetti & Meatballs	Ropa Vieja (Cuban Beef Stew)
Spanish Rice WG	Caribbean Black Bean Salad	Home Fries	Mesclun Salad	Cilantro Brown Rice
Roasted Sweet Potatoes		Orange Wedges	Whole Apple	Corn on the Cob
Honeydew Slices	Fresh Pineapple	Low Fat Milk	Low Fat Milk	Watermelon Slices
Low Fat Milk	Low Fat Milk			Low Fat Milk
Soft WW Pretzels	Cheddar Cheese Cubes	Cranberry Apple Muffin WG	Chickpea Hummus	Homemade Trail Mix WG
Low Fat Milk	Homemade WG Baguette	Low Fat Milk	Soft Pita Bread WG	Low Fat Milk
	Low Fat Milk		Low Fat Milk	