



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Bi Weekly Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1</p> <ul style="list-style-type: none"> ● Baked Chicken Drumettes ● Parmesan Potato Wedges ● Carrot Sticks ● Ranch Dressing ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit <p>● Peanut Butter & Jelly Sandwich</p>	<p>Week 1</p> <ul style="list-style-type: none"> ● Cheese Ravioli Marinara ● Garlic Bread Stick ● Steamed Corn ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit <p>● Peanut Butter & Jelly Sandwich</p>	<p>Week 1</p> <ul style="list-style-type: none"> ● 2 – Mini Hotdogs on a Bun ● Macaroni & Cheese ● Carrot Sticks ● Ranch Dressing ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit ● Chocolate Chip Cookies <p>● Peanut Butter & Jelly Sandwich</p>	<p>Week 1</p> <ul style="list-style-type: none"> ● Popcorn Chicken Bites ● Rice Pilaf ● Steamed Green Beans ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit <p>● Peanut Butter & Jelly Sandwich</p>	<p>Week 1</p> <ul style="list-style-type: none"> ● Mangia! Mangia! Cheese Pizza ● Tossed Garden Green Salad ● Ranch Dressing ● Fat free Italian Dressing ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit Ice Cream Cup with Chocolate Sauce <p>● Peanut Butter & Jelly Sandwich</p>
<p>Week 2</p> <ul style="list-style-type: none"> ● Grilled Cheese Sandwich ● Tater Tots ● Steamed Broccoli ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit <p>● Peanut Butter & Jelly Sandwich</p>	<p>Week 2</p> <ul style="list-style-type: none"> ● Chicken & Cheese Quesadilla ● Steamed Rice ● Green Beans ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit <p>● Peanut Butter & Jelly Sandwich</p>	<p>Week 2</p> <ul style="list-style-type: none"> ● 2 – Mini Hamburgers ● Sweet Potato Fries ● Capri Blend Vegetables ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit Chocolate Chip Cookies <p>● Peanut Butter & Jelly Sandwich</p>	<p>Week 2</p> <ul style="list-style-type: none"> ● Chicken Fried Rice ● Pork Pot Stickers ● Vegetable Egg Rolls ● Stir Fry Vegetables ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit <p>● Peanut Butter & Jelly Sandwich</p>	<p>Week 2</p> <ul style="list-style-type: none"> ● Mangia! Mangia! Cheese Pizza ● Tossed Garden Green Salad ● Ranch Dressing ● Fat free Italian Dressing ● 2% or Low fat Chocolate Milk ● Whole Fresh Fruit Ice Cream Cup with Chocolate Sauce <p>● Peanut Butter & Jelly Sandwich</p>