**Week 1**



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| --- | --- | --- | --- | --- | --- |
| **MEAL** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **1st SNACK** | Chips & Salsa• ¼ cup Tortilla Chips• 1 T Salsa• CarrotsWater | Garden Salad• 1 cup lettuce• ¼ cup croutons1 T RanchWater | Pita & Hummus• 3 Pita slices• ¼ Carrots• 1 T HummusWater | Turkey and Cream Cheese Roll-ups• ½ Tortilla• 1 Slice of Turkey• 1 T Cream CheeseFruit or VeggieWater | Quesadillas[assembled in house]• 1 tortilla wrap• ¼ cup shredded cheese• 1 T SalsaFruit or VeggieWater |
| **2nd SNACK** | Wheat Thins¼ cup Wheat ThinsLeftovers | Ritz Crackers ¼ cup Ritz CrackersLeftovers | Gold Fish¼ cup Gold FishLeftovers | Pretzels¼ cup PretzelsLeftovers  | Cheese Its¼ cup Cheese ItsLeftovers |



**Week 2**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MEAL** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **1st SNACK** | Mini Bagels & Cream Cheese• ½ Bagel• 1 T Cream cheeseFruit or VeggieWater | Pretzels and Cheese Sticks• 1 cup Pretzels• 1 Cheese StickWater | Graham Crackers & Applesauce• 2 Graham Crackers• ½ cup Applesauce Water | Toast and Tomato Soup• ½ Slice of toast• ¼ cup Tomato soup Water |  Cheesy Bread with Dipping Sauce• ½ English muffin•1 T Prego sauce• ¼ cup shredded cheese 1 T RanchWater |
| **2nd SNACK** | Ritz Crackers ¼ cup Ritz Crackers Leftovers | Gold Fish¼ cup Gold Fish Leftovers | Pretzels¼ cup Rice Crackers Leftovers | Cheese Its¼ cup Cheese Its Leftovers | Wheat Thins ¼ cup Wheat Thins Leftovers |