

WEEK 1

ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT	Chicken/Cheese Burrito	Mac and Cheese with Turkey Sausage Links	Choose Empanada: Chicken Ham+cheese	Turkey Hot Dogs on a Bun, with guacamole and tomato	Shredded Beef with Mashed Potatoes
COLD	Chicken/Cheese Wrap	Smoked Turkey Wrap, Lettuce and Avocado	Bagel Sandwich with Cream Cheese and Smoked Turkey	Chicken Salad on Sourdough	Egg Salad with Mashed Potatoes
SIDE:	Guacamole and Chips	Veggies and Dip	Veggies and Dip	Potato or Yucca Fries (baked)	Veggies and Dip

Vegetarian	Bean/Cheese Burrito	Mac n Cheese	Spinach or Cheese Empanada	Grilled Cheese Sandwich	Egg Salad with Mashed Potatoes
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WEEK 2:

ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT	Chicken and Beef Taquitos w/ rice and beans	Mac and Cheese with Turkey Sausage Links	Empanadas: Chicken Ham+cheese	Turkey Hot Dogs with guacamole and tomato	Chicken Nachos
COLD	Chicken/Cheese Wrap	Smoked Turkey Wrap, Lettuce and Avocado	Bagel with Cream Cheese and Smoked Turkey	Egg Salad on Sourdough	Tostada Chicken Salad
SIDE:	Guacamole and Chips	Veggies and Dip	Veggies and Dip	Potato or Yucca Fries (baked)	Guacamole and Chips

Vegetarian	Bean/Cheese Burrito	Mac n Cheese	Spinach or Cheese Empanada	Egg Salad on Sourdough	Cheese Nachos
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WEEK 3:

ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT	Chicken/Cheese Burrito	Mac and Cheese with Turkey Sausage Links	Empanadas: Chicken Ham+cheese	Turkey Hot Dogs with guacamole and tomato	Shredded Beef with Mashed Potatoes
COLD	Chicken/Cheese Wrap	Smoked Turkey Wrap, Lettuce and Avocado	Bagel with Cream Cheese and Smoked Turkey	Tostada Chicken Salad	Egg Salad with Mashed Potatoes
SIDE:	Guacamole and Chips	Veggies and Dip	Veggies and Dip	Potato or Yucca Fries (baked)	Veggies and Dip

Vegetarian	Bean/Cheese Burrito	Mac n Cheese	Spinach or Cheese Empanada	Grilled Cheese Sandwich	Egg Salad with Mashed Potatoes
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WEEK 4:

ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT	Chicken and Beef Taquitos w/ rice and beans	Mac and Cheese with Turkey Sausage Links	Empanadas: Chicken Ham+cheese	Turkey Hot Dogs with guacamole and tomato	Chicken Nachos
COLD	Chicken/Cheese Wrap	Smoked Turkey Wrap, Lettuce and Avocado	Bagel with Cream Cheese and Smoked Turkey	Egg Salad on Sourdough	Tostada Chicken Salad
SIDE:	Guacamole and Chips	Veggies and Dip	Veggies and Dip	Potato or Yucca Fries (baked)	Guacamole and Chips

Vegetarian	Bean/Cheese Burrito	Mac n Cheese	Spinach or Cheese Empanada	Egg Salad on Sourdough	Cheese Nachos
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Alternate Dishes:	Chicken, black beans and rice	Beef with Broccoli and rice	Mini Chicken Tacos	Turkey Patty Sliders	Cheese Pizza
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