









	Monday	Tuesday	Wednesday	Thursday	Friday
 Each day weekly as listed	Yogurt Parfaits \$2.50 Toast \$1.25/ Bagel \$1.75	Yogurt Parfaits \$2.50 Toast \$1.25/ Bagel \$1.75	Yogurt Parfaits \$2.50 Toast \$1.25/ Bagel \$1.75	Yogurt Parfaits \$2.50 Toast \$1.25/ Bagel \$1.75	Yogurt Parfaits \$2.50 Toast \$1.25/ Bagel \$1.75
	Daily - Low Fat Muffins \$1.25, Low Fat High Fibre Cookies \$0.60, Home-made Banana Bread \$1.50, Freshly Baked Bread Sticks \$1.30, Cinnamon Bun \$1.50, Apple Sauce Brownies \$1.00, Rice Crispy Squares \$1.50, Bite Sized Pizza Rolls or Pizza Pulls \$1.50 (3-4 varieties daily)				
 Each day weekly as listed	Thai/Spicy Chicken Wrap \$4.95	Pizza Sub \$3.75/\$6.00	Turkey BLT Wrap \$4.75	Meatball Sub \$3.75/\$6.00	Taco Wrap Chicken or Beef \$4.95
 Each day weekly as listed	Personal Pizza \$4.75 Garlic Round \$4.00 3 Cheese Pizza \$3.25	3 Cheese Pizza \$3.25 Panzerotti \$4.25 Garlic Slice \$3.25	Personal Pizza \$4.75 Garlic Round \$4.00 3 Cheese Pizza \$3.25	3 Cheese Pizza \$3.25 Panzerotti \$4.25 Garlic Slice \$3.25	Personal Pizza \$4.75 Garlic Round \$4.00 3 Cheese Pizza \$3.25
WEEK ONE MEALS  \$5.00	Trattoria Bowl Creamy Mac & Cheese Whole Wheat Breadstick	1/2 Club Sandwich served with Side Salad	Chinese Meal Sweet and Sour Chicken or Meatballs Served on a bed of Rice	Sandwich Central Preorder and Prepay in Morning \$3.75-\$6.00	Hot Meat Tacos Beef OR Chicken Soft Taco with Lettuce, Tomato Mexican Rice
WEEK TWO MEALS  \$5.00	Trattoria Bowl Creamy Mac & Cheese With Whole Wheat Breadstick	BBQ Rib Sandwich served with Side Salad	Baja Stir Fry Choice of Chicken OR Beef, Choice of Sauce in a Wrap OR over Rice	Trattoria Bowl <u>Choice of Italian Lasagna</u> OR Spaghetti with Meat Sauce With Fresh Baked Breadstick	Quesadilla Chicken Quesadilla with Salsa and sour cream Mexican Rice
LARGE BOWLS	DAILY (1 - 2 Each Day): Extra Large Portion(10 ounces) of Spaghetti and Meatsauce, Macaroni and Cheese, Beef Tomato Casserole Or Lasagna \$5.75 Red Thai Pasta Stir Fry \$6.00				
	DAILY (2-4 Each Day): Chicken Burger \$3.75, Chicken Snack Wrap\$2.75, Grilled Cheddar Sandwich \$3.25, Breaded Chicken Breast Nuggets & Strips \$3.75, and Chili with Baked Roll \$4.50				
	Daily Variety of - Yogurt \$1.25, Soup and Crackers \$3.00, Salads \$3.00-\$6.00, Veggie & Cheese Snack Bags \$3.25, Baked Chips \$1.50, Fuel Pack \$4.75, WW Sandwiches \$3.25-\$3.75, Home-made Healthful Desserts, Mini Bite Cookie Bags \$1.50 and Under 3 (salads & fruit that are all under 300cal and under \$3)				