

<b>Week Three</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack 9:00-9:30</b>	Cereal with fruit	Waffles with apples	Cinnamon roll oatmeal with pears	Zucchini bread pancakes	English muffins with cantaloupe
	Milk	Milk	Milk	Milk	Milk
<b>Lunch 11:30-12:00</b>	Grilled turkey and cheese sandwiches with tomato soup	Red lentil curry with rice and vegetables	Sausage and veggie gumbo	Pizza buns with pineapple	Cajun white fish with quinoa and sweet potato
	Milk	Milk	Milk	Milk	Milk
<b>Afternoon Snack 3:00-3:30</b>	Veggies and dip	Hummus with cucumbers and pita	Wow butter cereal clusters with pineapple	Carrot loaf with apples	Strawberry oatmeal bars with bananas
	Water	Water	Water	Water	Water