

FT Nutrition Program Menu - Week 1

Monday - Breakfast		Tuesday - Lunch	Wednesday - Breakfast	Thursday - Lunch	Friday - Breakfast
Assorted Cereals		Chicken Caesar Wrap (1.65)	Breakfast Sandwich w Ham or Turkey	Macaroni & Cheese	Yogurt Parfait
Banana		273 ml Milk (.60)	Apple Slices w/ Grapes	Apple Slices	Granola
273 ml Milk			273 ml Milk	273 ml Milk	273 ml Milk

FT Nutrition Program Menu - Week 2

Monday - Breakfast		Tuesday - Lunch	Wednesday - Breakfast	Thursday - Lunch	Friday - Breakfast
Assorted Muffins		Turkey BLT Wrap	Breakfast Burrito	Whole Wheat Lasagna	Bagels
Yogurt Cup		273 ml Milk	Seasonal Fruit	Caesar Salad	Low fat Cream Cheese 2 per
Apple Slice with Grapes					
273 ml Milk			273 ml Milk	273ml Milk	Seasonal Fruit
					237 ml Milk