

Sunday	Monday	Tuesday	Wildflower Wednesday (Vegetarian)	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	Breakfast for Lunch (Pancakes, Sausage and Eggs)	Beef Broccoli Stir Fry Rice	Buttery Noodles Vegetables and Bread	Chicken Fajitas Beans and Rice	Pizza! Salad	
7	8	9	10	11	12	13
	Pork Loin Vegetables and Potatoes	Meaty Pasta Salad	Veggie Quesadillas Beans and Rice	Chicken Noodle Soup Bread	Lasagna Salad and Bread	
14	15	16	17	18	19	20
	Maple Glazed Salmon Vegetables and Rice	Chili Cornbread Salad	Nut Free Pad Thai Salad	Chicken Broccoli Stir Fry Rice	Hoagie Sandwiches Salad and "Fries"	
21	22	23	24	25	26	27
	Sushi Bowls	Sweet Potato Tacos Beans and Rice	Veggie Mac & Cheese Salad	Chicken Kabobs Salad and Rice	Burgers Salad and "Fries"	
28	29	30	1	2	3	4