



Weekly Plan 28 September 2026 - 02 October 2026

| Mon (28)                                        | Tue (29)                                   | Wed (30)                                     | Thu (1)                              | Fri (2)                                                  |
|-------------------------------------------------|--------------------------------------------|----------------------------------------------|--------------------------------------|----------------------------------------------------------|
| BREAKFAST<br>Cereal                             | BREAKFAST<br>Sausage Biscuit               | BREAKFAST<br>Eggs/ Weenies                   | BREAKFAST<br>Cottage Cheese w/ Fruit | BREAKFAST<br>Muffins                                     |
| AM SNACK<br>Bell Peppers / Ranch                | AM SNACK<br>Fruit Bars                     | AM SNACK<br>Pickles                          | AM SNACK<br>peta+Hummas              | AM SNACK<br>Yogurt                                       |
| LUNCH<br>Bean & Cheese Burritos,<br>Corn, Fruit | LUNCH<br>Lo Mein with Vegetables,<br>Fruit | LUNCH<br>Garlic Bread Pizza, Salad,<br>Fruit | LUNCH<br>Fruit, goulash, Dinner Roll | LUNCH<br>Sun Butter w/ Jelly<br>Sandwiches, Chips, Fruit |
| PM SNACK<br>Crackers                            | PM SNACK<br>Craisins                       | PM SNACK<br>Applesauce                       | PM SNACK<br>cookies                  | PM SNACK<br>String Cheese                                |