

	Breakfast	Lunch	Snack	Dinner
Monday	Molten Lava French Toast	Black Bean and Barley Salad	Cottage cheese and Cantaloupe	Pea and Carrot Risotto
Tuesday	Apple Butter Toast and Eggs	Cream Cheese Veggie Wrap	Sweet Mini Peppers	Chicken and White Bean Tostadas
Wednesday	Key Lime Pie Oatmeal	Olive Lunch Kebab	Cinnamon Tortillas	Veggie Meatball Wraps
Thursday	Cher Apple Smoothie	Leftover Veggie Meatballs	Corn on the Cob	Crockpot Fish and Veggies
Friday	Shredded Wheat and strawberries	Tuna Lettuce Wrap	Avocado Bagel	Chicken Lo Mein

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