

SALAD AND SANDWICH

WEEK ONE

Sandwich

Monday:	PBJ Uncrustable
Tuesday:	Turkey and Cheese
Wednesday:	Peanut Butter Box
Thursday:	Ham & Cheese
Friday:	Yogurt Snacker

Salad

Monday:	Harvest Chicken Salad
Tuesday:	Fruit and Yogurt Salad
Wednesday:	Grilled Turkey Salad
Thursday:	Buffalo Chicken Salad
Friday:	Chef Salad

SALAD AND SANDWICH

WEEK TWO

Sandwich

Monday:	PBJ Uncrustable
Tuesday:	Turkey and Cheese
Wednesday:	Peanut Butter Box
Thursday:	Ham & Cheese
Friday:	Pizza Snacker

Salad

Monday:	Southwest Chicken Salad
Tuesday:	Fruit and Yogurt Salad
Wednesday:	Grilled Turkey Salad
Thursday:	Asian Chicken Salad
Friday:	Chef Salad

SALAD AND SANDWICH

WEEK THREE

Sandwich

Monday:	PBJ Uncrustable
Tuesday:	Turkey and Cheese
Wednesday:	Peanut Butter Box
Thursday:	Ham & Cheese
Friday:	Yogurt Snacker

Salad

Monday:	Harvest Chicken Salad
Tuesday:	Fruit and Yogurt Salad
Wednesday:	Chicken Caesar Salad
Thursday:	Buffalo Chicken Salad
Friday:	Chef Salad

SALAD AND SANDWICH

WEEK FOUR

Sandwich

Monday:	PBJ Uncrustable
Tuesday:	Turkey and Cheese
Wednesday:	Yogurt Snacker
Thursday:	Ham & Cheese
Friday:	Pizza Snacker

Salad

Monday:	Southwest Chicken Salad
Tuesday:	Fruit and Yogurt Salad
Wednesday:	Chicken Caesar Salad
Thursday:	Asian Chicken Salad
Friday:	Chef Salad