



# NEW LEAF PREP ACADEMY

## NUTRITION MENU

By: Chef Scott

WEEK ONE	WEEK TWO
<p><i>Monday</i> Italian Chicken sandwich, carrots, applesauce, milk</p> <p><i>Tuesday</i> Baked penne, green beans, pears, milk</p> <p><i>Wednesday</i> Chicken stir-fry with brown rice, broccoli, pineapple, milk</p> <p><i>Thursday</i> Bean &amp; cheese burrito, corn, Apples, milk</p> <p><i>Friday</i> Chicken alfredo, broccoli, orange slices, milk</p>	<p><i>Monday</i> Grilled cheese sandwich, tomato soup, apple slices, milk</p> <p><i>Tuesday</i> Beef tacos with lettuce, cheese, salsa, corn, pineapple, milk</p> <p><i>Wednesday</i> Baked Chicken drumsticks, mashed sweet potatoes, peas, banana, milk</p> <p><i>Thursday</i> Tater topped casserole, carrots, pears, milk</p> <p><i>Friday</i> Hamburgers, Broccoli, Oranges, milk</p>
WEEK THREE	WEEK FOUR
<p><i>Monday</i> Sloppy joe on whole wheat bun, sweet potato puree, apple slices, milk</p> <p><i>Tuesday</i> Veggie chili with cornbread, green beans, orange, milk</p> <p><i>Wednesday</i> Meatballs, mashed potatoes, broccoli, pears, milk</p> <p><i>Thursday</i> Grilled chicken wrap, corn, pineapple, milk</p> <p><i>Friday</i> Mac &amp; cheese, peas, peaches, milk</p>	<p><i>Monday</i> BBQ chicken sandwich, baked beans, orange wedges, milk</p> <p><i>Tuesday</i> Spaghetti with meat sauce, green beans, pears, milk</p> <p><i>Wednesday</i> Veggie stir-fry, brown rice, pineapple, milk</p> <p><i>Thursday</i> Chicken and cheese wrap, corn, peaches, milk</p> <p><i>Friday</i> Pancakes, scrambled eggs, Peppers and onions, oranges, milk</p>