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| **WEEK 1**  **Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** | **Sunday** | **Portion Sizes** |
| Chicken and Dumplings  Steamed Peas  Dinner Rolls  Fresh Fruit  Milk | 1 Cup  ¾ Cup  1 each  1 each  8 oz | Roast Turkey w/ Gravy  Cranberry Stuffing  Steamed Carrots  Fresh Fruit  Milk | 3 oz  ½ Cup  ¾ Cup  1 each  8 oz | Ham and Spiced Apples  Baked Sweet Potato  Brussel Sprouts  Fresh Fruit  Milk | 3 oz  1 each  1 cup  1 each  8 oz | Spaghetti w/  Meat sauce  Braised Zucchini  Garlic Bread  Fresh Fruit  Milk | 1 Cup  1 cup  1 roll  1 each  8 oz. | Pot Roast with Gravy  Mashed Potatoes  Mixed Vegetables  Sliced Peaches  Milk | 3 oz.  ½ Cup  ¾ Cup  ¾ Cup  8 oz |
| **WEEK 2**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Beef Goulash  Egg Noodles  Seasoned Spinach  Fresh Fruit  Milk | 1 Cup  ¾ Cup  ¾ Cup  1 each  8 oz | Citrus Baked Fish  Brown Rice Pilaf  Yellow Squash  Fresh Fruit  Milk | 3 oz  ½ Cup  ¾ Cup  1 each  8 oz | Roasted Garlic Parmesan Chicken  Parsley Red Potatoes  Lima Beans  Fresh Fruit  Milk | 2 piece  ½ Cup  ¾ Cup  1 each  8 oz | Homemade lasagna  Broccoli Florets  Garlic Bread  Fresh Fruit  Milk | 1 Cup  ¾ Cup  1 slice  1 each  8 oz | Stuffed Chicken Breast  Au Gratin Potatoes  Cape Cod Blend Veg  Fruit Cocktail  Milk | 4 oz  ½ Cup  ¾ Cup  ¾ Cup  8 oz |
| **WEEK 3**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Turkey Pot Pie  Peas  Salad Bar  Fresh Fruit  Milk | 1 Cup  ½ Cup  Salad  1 ea  8 oz | Salisbury Steaks w Gravy  Mashed Potatoes  Carrots  Fresh Fruit  Milk | 3 oz  ½ Cup  ¾ Cup  1 ea  8 oz | Asian Orange Chicken  Fried Rice  Steamed Broccoli  Fresh Fruit  Milk | ¾ Cup  ½ Cup  ¾ Cup  1 each  8 oz | Cheese Pizza  Chopped Spinach  Salad bar  Fresh Fruit  Milk | 6 oz  ¾ Cup  Salad  1 each  8 oz | Baked Flounder Strips  Delmonico Potatoes  Stewed Tomatoes  Sliced Peaches  Milk | 1 Cup  ½ C  ¾ Cup  ¾ Cup  8 oz |
| **WEEK 4**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Manicotti w/ Sauce  Broccoli Florets  Garlic Bread  Fresh Fruit  Milk | 3 oz  ¾ Cup  1 each  1 each  8 oz | Beef Stew  Green Beans  WW Dinner Roll  Fresh Fruit  Milk | 1 Cup  ¾ Cup  1 each  1 each  8 oz | Honey Roast Chicken  Scalloped Potatoes  Corn  Fresh Fruit  Milk | 2 pieces  ½ Cup  ¾ Cup  1 each  8 oz | Roast Pork Loin  w/ Pineapple Sauce  Baked Potato  Catalina Blend  Fresh Fruit  Milk | 3 oz  1 each  ¾ Cup  1 each  8 oz | Meatballs w Gravy  Brown Rice  Mixed Vegetables  Pear halves  Milk | ½ Cup  ½ Cup  ¾ Cup  ¾ Cup  8 oz |

*The following items are also available as ala-cart*

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| **ALL BREAKFASTS** | **ALL LUNCHES & DINNERS** | **ALL MEALS** |
| 1. Oatmeal - three or four varieties of cold cereal 2. Assorted juices | 1. Salad Bar – containing Mixed Greens, tomatoes, onions, green peppers, cucumber, carrots, cheese, peas, hummus, black beans, eggs, sunflower seeds, dried cranberries, 3 bean salad, applesauce, croutons, jello, regular dressing and fat-free dressing | 1. 1%, Skim, and FF Chocolate Milk 2. Peanut butter, applesauce, , regular and sugar free jelly 3. Assorted Fresh Fruits and Canned Fruits |

ALL THE ABOVE ITEMS ARE OFFERED TO COMPLETE THE APPROPRIATE DIETS FOR WELL-BALANCED MEALS. If there is a question about a student’s diet, please ask for an explanation. The Nutrition Department has folders for each student.

When you make selection of food for the student, please keep in mind the students’ diet. *In accordance with federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*