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| **WEEK 1****Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** | **Sunday** | **Portion Sizes** |
| Chicken and DumplingsSteamed PeasDinner RollsFresh FruitMilk | 1 Cup¾ Cup1 each1 each8 oz | Roast Turkey w/ GravyCranberry StuffingSteamed CarrotsFresh FruitMilk | 3 oz½ Cup¾ Cup1 each8 oz | Ham and Spiced ApplesBaked Sweet PotatoBrussel SproutsFresh Fruit Milk | 3 oz1 each1 cup1 each8 oz | Spaghetti w/ Meat sauceBraised ZucchiniGarlic BreadFresh Fruit Milk  | 1 Cup1 cup1 roll1 each8 oz. | Pot Roast with GravyMashed PotatoesMixed VegetablesSliced PeachesMilk | 3 oz.½ Cup¾ Cup¾ Cup8 oz |
| **WEEK 2****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Beef GoulashEgg NoodlesSeasoned SpinachFresh Fruit Milk | 1 Cup¾ Cup¾ Cup1 each8 oz | Citrus Baked Fish Brown Rice PilafYellow Squash Fresh FruitMilk | 3 oz½ Cup¾ Cup1 each8 oz | Roasted Garlic Parmesan ChickenParsley Red PotatoesLima BeansFresh FruitMilk | 2 piece½ Cup¾ Cup1 each8 oz | Homemade lasagnaBroccoli FloretsGarlic BreadFresh Fruit Milk  | 1 Cup¾ Cup1 slice1 each8 oz | Stuffed Chicken BreastAu Gratin PotatoesCape Cod Blend VegFruit CocktailMilk | 4 oz½ Cup¾ Cup¾ Cup8 oz |
| **WEEK 3****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Turkey Pot PiePeasSalad BarFresh Fruit Milk | 1 Cup½ CupSalad1 ea8 oz | Salisbury Steaks w GravyMashed PotatoesCarrotsFresh Fruit Milk | 3 oz½ Cup¾ Cup1 ea8 oz | Asian Orange ChickenFried RiceSteamed BroccoliFresh Fruit Milk | ¾ Cup½ Cup¾ Cup1 each8 oz | Cheese PizzaChopped SpinachSalad barFresh Fruit Milk | 6 oz¾ CupSalad1 each8 oz | Baked Flounder StripsDelmonico PotatoesStewed TomatoesSliced PeachesMilk | 1 Cup½ C¾ Cup¾ Cup8 oz |
| **WEEK 4****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Manicotti w/ SauceBroccoli FloretsGarlic BreadFresh Fruit Milk | 3 oz¾ Cup1 each1 each8 oz | Beef StewGreen BeansWW Dinner RollFresh Fruit Milk | 1 Cup¾ Cup1 each1 each8 oz | Honey Roast ChickenScalloped PotatoesCornFresh Fruit Milk | 2 pieces½ Cup¾ Cup1 each8 oz | Roast Pork Loinw/ Pineapple SauceBaked PotatoCatalina BlendFresh Fruit Milk | 3 oz1 each¾ Cup1 each8 oz | Meatballs w GravyBrown RiceMixed VegetablesPear halvesMilk | ½ Cup½ Cup¾ Cup¾ Cup8 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
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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.*