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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 | Baked Ham Sweet Potato CasseroleBrussel SproutsFresh Fruit Milk | 3 oz1 each1 cup1 each8 oz | Spaghetti w/ Meat sauceBroccoliGarlic 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 Tips w/MushroomsEgg NoodlesSteamed BroccoliFresh Fruit Milk | 1 Cup¾ Cup¾ Cup1 each8 oz | Jerk Cod LoinsRice w/PeasKey West BlendFresh FruitMilk | 4 oz½ Cup¾ Cup1 each8 oz | Roasted Garlic Parmesan ChickenParsley Red PotatoesLima BeansFresh FruitMilk | 2 piece½ Cup¾ Cup1 each8 oz | Cheese PizzaSteamed SpinachFresh Fruit Milk  | 2 slice. 3/4 Cup1 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 PieSalad BarFresh Fruit Milk | 1 Cup½ CupSalad1 ea8 oz | Salisbury Steaks w GravyMashed PotatoesPeasFresh Fruit Milk | 3 oz½ Cup¾ Cup1 ea8 oz | Asian Orange ChickenFried RiceSteamed CauliflowerFresh Fruit Milk | ¾ Cup½ Cup¾ Cup1 each8 oz | Meat LasagnaSteamed BroccoliGarlic BreadFresh Fruit Milk | 1 piece¾ Cup1 piece1 each8 oz | Baked FishFrench FriesCalifornia BlendSliced PeachesMilk | 1 Cup½ C¾ Cup¾ Cup8 oz |
| **WEEK 4****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Ravioli w/ SauceItalian Green BeansGarlic BreadFresh Fruit Milk | 3 oz¾ Cup1 each1 each8 oz | Beef StewWW BreadsticksFresh Fruit Milk | 1 Cup¾ Cup1 each1 each8 oz | Honey Roast ChickenScalloped PotatoesCornFresh Fruit Milk | 2 pieces½ Cup¾ Cup1 each8 oz | Pork Fried RiceEgg Rolls Stir Fry Veg. Fresh Fruit Milk | 3 oz1 each¾ Cup1 each8 oz | Meatballs w GravyBrown RiceMixed VegetablesPear halvesMilk | ½ Cup½ Cup¾ Cup¾ Cup8 oz |