

DINNER

2020 - 2021

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 Peas & Onions Fresh Fruit Milk	3 oz ½ Cup ¾ Cup 1 each 8 oz	Baked Ham Sweet Potato Casserole Brussel Sprouts Fresh Fruit Milk	3 oz 1 each 1 cup 1 each 8 oz	Spaghetti w/ Meat sauce Broccoli 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 Tips w/Mushrooms Egg Noodles Carrots Fresh Fruit Milk	1 Cup ¾ Cup ¾ Cup 1 each 8 oz	Baked Fish Rice w/Peas Key West Blend Fresh Fruit Milk	4 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	Italian Sausage Sandwic Steamed Spinach Fresh Fruit Milk	1 ea. 3/4 Cup 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 Salad Bar Fresh Fruit Milk	1 Cup ½ Cup Salad 1 ea 8 oz	Meatloaf w/ Gravy Mashed Potatoes Roasted Green Beans Fresh Fruit Milk	3 oz ½ Cup ¾ Cup 1 ea 8 oz	Asian Orange Chicken Fried Rice Steamed Cauliflower Fresh Fruit Milk	¾ Cup ½ Cup ¾ Cup 1 each 8 oz	Meat Lasagna Steamed Broccoli Garlic Bread Fresh Fruit Milk	1 piece ¾ Cup 1 piece 1 each 8 oz	Turkey Burgers French Fries California Blend Sliced Peaches Milk	1 ea. ½ C ¾ Cup ¾ Cup 8 oz
WEEK 4									
Monday		Tuesday		Wednesday		Thursday		Sunday	
Veggie Lo Mien Egg Rolls Fresh Fruit Milk	3 oz 1 each 1 each 8 oz	Beef Stew WW Breadsticks 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 w/ Gravy Garlic Mashed Potato Peas Fresh Fruit Milk	3 oz ½ Cup 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