|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK 1****Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** | **Sunday** | **Portion Sizes** |
| Swedish Meatballs Egg Noodles Spinach Fresh FruitMilk | 1 Cup 1/2 Cup1 Cup 1 each8 oz | Ham Sweet Potato Casserole Roasted Green Beans Fresh FruitMilk | 3 oz½ Cup 1 Cup1 each8 oz | Roasted Chicken Long Grain & Wild Rice Brussel SproutsFresh Fruit Milk | 2 pieces ½ Cup 1 cup1 each8 oz | Italian Sausage Sandwich w/ Peppers & Onions Honey Glazed Carrots Fresh Fruit Milk  | 1 each 1 cup1 each8 oz. | Cheese Ravioli Garlic Breadstick Vegetable Blend Fresh FruitMilk | 3 oz.1 each 1 Cup1 each 8 oz |
| **WEEK 2****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Jambalaya w/ Shrimp, Chicken & Ham Autumn Blend Veg. Fresh Fruit Milk | 1.5 Cups1 Cup1 each8 oz | Baked FishScalloped Potatoes Zucchini Fresh FruitMilk | 4 oz½ Cup1 Cup1 each8 oz | Cajun Chicken Alfredo Garlic Bread Broccoli Fresh FruitMilk | 1 Cup 1 each1 Cup1 each8 oz | Beef Stew Biscuit Fresh Fruit Milk  | 1.5 Cups 1 each 1 each8 oz | Sloppy Joe Sandwich Vegetable BlendFresh Fruit Milk | 1 each 1 Cup1 each 8 oz |
| **WEEK 3****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Beef Stir fry Brown Rice Egg Roll Fresh Fruit Milk | 1.5 Cups1/2 Cup1 each1 ea8 oz | Fish Nuggets Fresh Roasted Potato Wedges Succotash Fresh Fruit Milk | 4 oz½ Cup1 Cup1 ea8 oz | Garlic Parmesan Chicken Au Gratin Potatoes Green Beans Fresh Fruit Milk | 2 pieces ½ Cup1 Cup1 each8 oz | Roast Pork w/ Gravy Mashed Potatoes Vegetable Blend (no peas)Fresh Fruit Milk | 4 oz/2oz1/2 Cup1 Cup 1 each8 oz | Stuffed Chicken Mashed Potatoes Vegetable Blend Fresh Fruit Milk | 1 ea. 1/2 Cup1 Cup1 each8 oz |
| **WEEK 4****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Breakfast for DinnerFresh Home fries Fresh Fruit Milk | 1 each1 cup1 each8 oz | Spaghetti w/ Meat Sauce Garlic Bread Broccoli Fresh Fruit Milk | 1 Cup1 ea.1 Cup 1 each8 oz | Orange ChickenBrown Rice Cauliflower Fresh Fruit Milk | 3/4 Cup ½ Cup1 Cup1 each8 oz | Salisbury Steak w/ Onions & MushroomsRed Skin Mash PotatoesLima Beans Fresh Fruit Milk | 1 each ½ Cup 1 Cup1 each8 oz | Cheese Pizza Vegetable Blend Fresh Fruit Milk | 2 slices 1 Cup1 each 8 oz |