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