

**DINNER**

**Fall 2022**

<b>WEEK 1</b>									
<b>Monday</b>	<b>Portion Sizes</b>	<b>Tuesday</b>	<b>Portion Sizes</b>	<b>Wednesday</b>	<b>Portion Sizes</b>	<b>Thursday</b>	<b>Portion Sizes</b>	<b>Sunday</b>	<b>Portion Sizes</b>
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
<b>WEEK 2</b>									
<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Sunday</b>	
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
<b>WEEK 3</b>									
<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Sunday</b>	
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
<b>WEEK 4</b>									
<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Sunday</b>	
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