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| **WEEK 1****Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** | **Sunday** | **Portion Sizes** |
| Breakfast for Dinner Home Fries Fresh FruitMilk | 1 Cup 1 Cup1 Each 8 oz | Ham Mac & Cheese PeasFresh FruitMilk | 3 oz½ Cup 1 Cup1 each8 oz. | Roasted Chicken Yellow Rice Spinach Fresh Fruit Milk | 2 pieces ½ Cup 1 cup1 each8 oz. | Tacos w/ the fixingsMexi CornFresh Fruit Milk  | 2 each 1 Cup1 each8 oz. | Pizza Vegetable Blend Fresh FruitMilk | Personal1 each 1 each 8 oz. |
| **WEEK 2****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Baked Fish Flavored Rice Green Beans Fresh Fruit Milk | 4 oz. ½ Cup1 Cup1 each8 oz | LasagnaGarlic KnotBroccoli Fresh FruitMilk | 4 oz.1 each1 Cup1 each8 oz | Garlic Parmesan Chicken Tenders Oven Roasted Potatoes Carrots Fresh FruitMilk | 4 oz. ½ Cup 1 Cup1 each8 oz | Cheese Steak w/ Lettuce & TomatoCurly Fries Fresh Fruit Milk  | 1 each 1 Cup 1 each8 oz | Sloppy Joe Sandwich Vegetable BlendFresh Fruit Milk | 1 each 1 Cup1 each 8 oz |
| **WEEK 3****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Shrimp Fried Rice Egg Roll Fresh Fruit Milk | 1.5 Cups1 each1 ea8 oz | Pizza / Variety of Flavors Garden Salad Fresh Fruit Milk | 2 Slices1 each1 ea8 oz | Roasted Chicken Au Gratin Potatoes Veg. Blend Fresh Fruit Milk | 2 pieces ½ Cup1 Cup1 each8 oz | Fish Wedges Lyonnaise Potatoes 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** |  |
| Spaghetti w/Meat Sauce Garlic Bread Green Bean Fresh FruitMilk | 1 Cup 1 each1 Cup1 each8 oz | Turkey Cheese Burger w/Lettuce & TomatoVeg Pasta Salad Fresh Fruit Milk | 1 each1 Cup 1 each8 oz | Orange ChickenVeg Lo Mien Fresh Fruit Milk | 4 oz. 1.5 Cups1 each8 oz | Meatballs w/gravy Onions & MushroomsMash PotatoesAsparagus Fresh Fruit Milk | 3 oz. ½ Cup 1 Cup1 each8 oz | Meat Ravioli Garlic Bread Vegetable Blend Fresh Fruit Milk | 3 oz. 1 each1 Cup1 each 8 oz |