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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 Fruit  Milk | 1 Cup  1 Cup  1 Each  8 oz | Ham  Mac & Cheese  Peas  Fresh Fruit  Milk | 3 oz  ½ Cup  1 Cup  1 each  8 oz. | Roasted Chicken  Yellow Rice  Spinach  Fresh Fruit  Milk | 2 pieces  ½ Cup  1 cup  1 each  8 oz. | Tacos w/ the fixings  Mexi Corn  Fresh Fruit  Milk | 2 each  1 Cup  1 each  8 oz. | Pizza  Vegetable Blend  Fresh Fruit  Milk | Personal  1 each  1 each  8 oz. |
| **WEEK 2**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Baked Fish  Flavored Rice  Green Beans  Fresh Fruit  Milk | 4 oz.  ½ Cup  1 Cup  1 each  8 oz | Lasagna  Garlic Knot  Broccoli  Fresh Fruit  Milk | 4 oz.  1 each  1 Cup  1 each  8 oz | Garlic Parmesan Chicken Tenders  Oven Roasted Potatoes  Carrots  Fresh Fruit  Milk | 4 oz.  ½ Cup  1 Cup  1 each  8 oz | Cheese Steak w/ Lettuce & Tomato  Curly Fries  Fresh Fruit  Milk | 1 each  1 Cup  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** |  |
| Shrimp Fried Rice  Egg Roll  Fresh Fruit  Milk | 1.5 Cups  1 each  1 ea  8 oz | Pizza / Variety of Flavors  Garden Salad  Fresh Fruit  Milk | 2 Slices  1 each  1 ea  8 oz | Roasted Chicken  Au Gratin Potatoes  Veg. Blend  Fresh Fruit  Milk | 2 pieces  ½ Cup  1 Cup  1 each  8 oz | Fish Wedges  Lyonnaise Potatoes  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** |  |
| Spaghetti w/Meat Sauce  Garlic Bread  Green Bean  Fresh Fruit  Milk | 1 Cup  1 each  1 Cup  1 each  8 oz | Turkey Cheese Burger w/  Lettuce & Tomato  Veg Pasta Salad  Fresh Fruit  Milk | 1 each  1 Cup  1 each  8 oz | Orange Chicken  Veg Lo Mien  Fresh Fruit  Milk | 4 oz.  1.5 Cups  1 each  8 oz | Meatballs w/gravy Onions & Mushrooms  Mash Potatoes  Asparagus  Fresh Fruit  Milk | 3 oz.  ½ Cup  1 Cup  1 each  8 oz | Meat Ravioli  Garlic Bread  Vegetable Blend  Fresh Fruit  Milk | 3 oz.  1 each  1 Cup  1 each  8 oz |