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| **WEEK 1**  **Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** |
| Breakfast for Dinner  Fresh Fruit  Milk | TBD  1 each  8 oz. | Ham  Mac & Cheese  Broccoli  Fresh Fruit  Milk | 3 oz  ½ Cup  1 Cup  1 each  8 oz. | Roasted Chicken w/ Gravy  Garlic Mashed Potatoes  Lima Beans  Fresh Fruit  Milk | 2 pieces  ½ Cup  1 cup  1 each  8 oz. | Sloppy Joe  Country Mix  Fresh Fruit  Milk | 1 each  1 Cup  1 each  8 oz. |
| **WEEK 2**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Baked Fish  Flavored Rice  Green Beans  Fresh Fruit  Milk | 4 oz.  ½ Cup  1 Cup  1 each  8 oz | Baked Ziti  Garlic Knot  Veg. Blend  Fresh Fruit  Milk | 4 oz.  1 each  1 Cup  1 each  8 oz | Turkey Burger w/ L. &T.  French Fries  Fresh Fruit  Milk | 1 each  1 Cup  1 each  8 oz | Meatballs w/ Gravy  Egg Noodles  Spinach  Fresh Fruit  Milk | 3 oz.  1/2 Cup  1 Cup  1 each  8 oz. |
| **WEEK 3**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Shrimp Lo Mien  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 | Garlic Parmesan Chicken  Oven Roasted Potatoes  Honey Glazed Potatoes  Fresh Fruit  Milk | 2 pieces  ½ Cup  1 Cup  1 each  8 oz | Fish Sandwich  Potato Salad  Roasted Brussel Sprouts  Fresh Fruit  Milk | 1 ea.  1/2 Cup  1 Cup  1 each  8 oz |
| **WEEK 4**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Chicken Cheese Stk. w/ Lettuce & Tomato  Curly Fries  Fresh Fruit  Milk | 1 each  1 Cup  1 each  8 oz. | Beef Stew w/ a Biscuit  Fresh Fruit  Milk | 1.5 Cups  1 each  8 oz. | Orange Chicken  Fried Rice  Asian Cauliflower  Fresh Fruit  Milk | 4 oz.  1/2 Cup  1 Cup  1 each  8 oz. | Spaghetti w/ Meat Sauce.  Garlic Knot  Asparagus  Fresh Fruit  Milk | 1 Cup  1 each  1 Cup  1 each  8 oz. |