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| **WEEK 1****Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** |
| Breakfast for Dinner  Fresh FruitMilk | TBD 1 each8 oz. | Ham Mac & Cheese Broccoli Fresh FruitMilk | 3 oz½ Cup 1 Cup1 each8 oz. | Roasted Chicken w/ GravyGarlic Mashed Potatoes Lima Beans Fresh Fruit Milk | 2 pieces ½ Cup 1 cup1 each8 oz. | Sloppy JoeCountry Mix Fresh Fruit Milk  | 1 each1 Cup 1 each 8 oz. |
| **WEEK 2****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Baked Fish Flavored Rice Green Beans Fresh Fruit Milk | 4 oz. ½ Cup1 Cup1 each8 oz | Baked ZitiGarlic KnotVeg. Blend Fresh FruitMilk | 4 oz.1 each1 Cup1 each8 oz | Turkey Burger w/ L. &T.French Fries Fresh FruitMilk | 1 each1 Cup 1 each8 oz | Meatballs w/ Gravy Egg Noodles Spinach Fresh Fruit Milk  | 3 oz. 1/2 Cup1 Cup 1 each8 oz. |
| **WEEK 3****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Shrimp Lo MienEgg Roll Fresh Fruit Milk | 1.5 Cups1 each1 ea8 oz | Pizza / Variety of Flavors Garden Salad Fresh Fruit Milk | 2 Slices1 each1 ea8 oz | Garlic Parmesan ChickenOven Roasted Potatoes Honey Glazed Potatoes Fresh Fruit Milk | 2 pieces ½ Cup1 Cup1 each8 oz | Fish SandwichPotato Salad Roasted Brussel Sprouts Fresh Fruit Milk | 1 ea. 1/2 Cup1 Cup1 each8 oz |
| **WEEK 4****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Chicken Cheese Stk. w/ Lettuce & Tomato Curly Fries Fresh FruitMilk | 1 each 1 Cup 1 each8 oz. | Beef Stew w/ a BiscuitFresh Fruit Milk | 1.5 Cups1 each8 oz. | Orange ChickenFried Rice Asian Cauliflower Fresh Fruit Milk | 4 oz. 1/2 Cup1 Cup 1 each8 oz. | Spaghetti w/ Meat Sauce. Garlic KnotAsparagus Fresh Fruit Milk | 1 Cup1 each1 Cup1 each 8 oz. |