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| **WEEK 1**  **Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** |
| Orange Chicken  Veg Fried Brown Rice  Asian Style Cauliflower  Fresh Fruit  Milk | 1 Cup  ½ Cup  1 Cup  1 each  8 oz. | Fish Sandwich/WG Roll  Lettuce/ Tomatoes  Pickles on the side  Coleslaw  Steamed Peas  Fresh Fruit  Milk | 1 each  1 each  3 pcs.  1/2 cup  ½ cup  1 each  8 oz. | Chicken Alfredo  over WG/Pasta  Steamed Broccoli  Breadstick  Fresh Fruit  Milk | 1 Cup  1 Cup  1 each  1 each  8 oz. | Roast Beef w/Gravy  Garlic Mashed Potatoes  Steamed Green Beans  Fresh Fruit  Milk | 4 oz.  1/2 Cup  1 cup  1 each  8 oz. |
| **WEEK 2**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Beef Hot Dogs  Baked Beans  Steamed Carrots  Fresh Fruit  Milk | 1 each  ½ cup  1 cup  1 each  8 oz. | Grilled Teriyaki Chicken  Brown Rice  Asian Style Green Beans  Fresh Fruit  Milk | 1 each  ½ Cup  1 Cup  1 each  8 oz. | Seafood WG/Pasta Salad  Roasted Asparagus  Fresh Fruit  Milk | 1.5 Cups  1 Cup  1 each  8 oz. | Chicken Cheesesteak Sub/WG Roll  Roasted Brussel Sprouts  Fresh Fruit  Milk | 1 each  1 Cup  1 each  8 oz. |
| **WEEK 3**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Breakfast for Dinner  Fresh Fruit  Milk | 1 each  1 each  8 oz. | Roasted Chicken  Italian Vegetable WG Pasta Salad  Fresh Fruit  Milk | 2 pieces  1 cup  1 Cup  8 oz. | Assorted Pizza  Fresh Garden Salad  Fresh Fruit  Milk | 2 pieces  1 Cup  1 each  8 oz. | Chicken Salad on WG Roll  Lettuce & Tomato  Potato Salad  Fresh Fruit  Milk | 1 each  1 each  ½ cup  1 piece  8 oz. |
| **WEEK 4**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Grilled Cheese  Tomato Soup  Garden Salad  Fresh Fruit  Milk | 1 each  1 Cup  1 cup  1 each  8 oz. | WG Spaghetti w/ Meatballs  Garlic Bread  Mixed Vegetable  Fresh Fruit  Milk | 1 Cup  1 each  1 Cup  1 each  8 oz. | Chicken Sandwich on WG  Lettuce & Tomato  Roasted Brussel Sprouts  Pickles  Potato Wedges  Milk | 1 each  1 each  ½ cup  3 pcs.  ½ cup  8 oz. | Salisbury Steak  Mashed Potato  Sautéed Zucchini  Fresh Fruit  Milk | 4 oz.  ½ Cup  1 Cup  1 each  8 oz. |