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| **WEEK 1****Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** |
| Orange Chicken Veg Fried Brown RiceAsian Style CauliflowerFresh FruitMilk | 1 Cup ½ Cup1 Cup1 each8 oz. | Fish Sandwich/WG RollLettuce/ Tomatoes Pickles on the sideColeslawSteamed PeasFresh FruitMilk | 1 each1 each 3 pcs.1/2 cup½ cup1 each8 oz. | Chicken Alfredoover WG/PastaSteamed Broccoli BreadstickFresh Fruit Milk | 1 Cup 1 Cup1 each1 each8 oz. | Roast Beef w/GravyGarlic Mashed PotatoesSteamed Green Beans Fresh Fruit Milk  | 4 oz. 1/2 Cup1 cup1 each8 oz. |
| **WEEK 2****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Beef Hot DogsBaked BeansSteamed Carrots Fresh Fruit Milk | 1 each ½ cup 1 cup 1 each8 oz. | Grilled Teriyaki ChickenBrown RiceAsian Style Green BeansFresh FruitMilk | 1 each½ Cup1 Cup1 each8 oz. | Seafood WG/Pasta SaladRoasted AsparagusFresh FruitMilk | 1.5 Cups1 Cup 1 each8 oz. | Chicken Cheesesteak Sub/WG RollRoasted Brussel SproutsFresh FruitMilk | 1 each1 Cup1 each8 oz. |
| **WEEK 3****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Breakfast for DinnerFresh Fruit Milk | 1 each1 each8 oz. | Roasted Chicken Italian Vegetable WG Pasta Salad Fresh FruitMilk | 2 pieces 1 cup 1 Cup8 oz. | Assorted PizzaFresh Garden Salad Fresh Fruit Milk | 2 pieces1 Cup1 each8 oz. | Chicken Salad on WG RollLettuce & TomatoPotato SaladFresh Fruit Milk | 1 each1 each½ cup1 piece8 oz. |
| **WEEK 4****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Grilled CheeseTomato SoupGarden Salad Fresh FruitMilk | 1 each1 Cup1 cup 1 each 8 oz. | WG Spaghetti w/ Meatballs Garlic Bread Mixed VegetableFresh Fruit Milk | 1 Cup1 each1 Cup 1 each8 oz. | Chicken Sandwich on WGLettuce & TomatoRoasted Brussel SproutsPicklesPotato WedgesMilk   | 1 each1 each½ cup3 pcs.½ cup8 oz.  | Salisbury Steak Mashed Potato Sautéed Zucchini Fresh Fruit Milk | 4 oz. ½ Cup1 Cup 1 each8 oz.  |