

MON _____ Date _____ TUES _____ Date _____ WED _____ Date _____ THURS _____ Date _____ FRI _____ Date _____

Breakfast Lunch Dinner				
(1) 1 oz Cheerios/Com Flakes 1 slice whole wheat toast 2 tbsp peanut butter Fresh Orange 8 oz choice of milk	(2) 2 oz Cheddar Cheese Omelet Whole wheat English Muffin 1 c fruit cup 8 oz choice of milk	(3) 4 oz Spaghetti with Italian sauce 2 oz Chicken Parmesan 1/2 c Italian Medley Vegetables 1/2 c Caesar Salad with vinaigrette dressing Whole grain Garlic bread 1/2 c jello with fruit 8 oz. Choice of milk	(4) 4oz Beef and Cheese Burrito on whole grain wrap 1/2 c Mixed vegetables 1/2 c Peas 1/2 c peaches 8oz. Choice of milk	(5) Cuban sandwich(1. oz. Ham, 1 oz Swiss cheese, 1 oz Pork on cuban bread) mustard 1/2 c Carrot and raisin salad Fresh Apple 8oz. Choice of milk
(1) 1 oz. Ham and 1 oz. Cheese sandwich on 1 slice whole grain bread 1/2 c 3 Bean Salad Fresh Fruit 8oz. Choice of milk	(2) 1oz. Turkey 1 oz. Cheese sandwich on Whole grain bread 1/2 c raisin and carrot salad 1/2 c jello with fruit 8oz. Choice of milk	(3) 1 oz Roast Beef and 1 oz. Cheese sandwich on whole grain bread 1/2 c green bean w/multi colored peppers salad 1/2 c applesauce 8 oz. Choice of milk	(4) 2 oz Chicken Breast Sandwich 1/2 c Shredded lettuce and tomato 1/2 c Orange sections 8 oz. Choice of milk	(5) 3 oz. Tuna sandwich on whole grain bread 1/2 c Garden salad with vinaigrette dressing Fresh fruit 8oz. Choice of milk

Marisa F Carnacke RDN/LLDN

#ND 5835

<p>(6) 1 oz. Rice Crispies Cereal 1 Slice Whole Wheat Bread 2 oz. Cheese slice 1/2c Fruit cup 8 oz. Choice of milk</p>	<p>(7) 1.5 oz. Sausage Patty 2. (2.4 oz) pancakes 1/2c peaches 8 oz. Choice of milk syrup</p>	<p>(8) Whole Grain Bagel 2 oz. Cream Cheese Fresh Orange 8 oz. Choice of Milk</p>	<p>(9) 2 (3 oz) French Toast 1.5oz Scrambled Egg Patty Banana 8 oz. Choice of Milk</p>	<p>(10) 1/2 c Cottage cheese 1/2 c Fruit cocktail Whole grain Blueberry Muffin 8 oz. Choice of Milk</p>
<p>(6) 2 oz Roast Pork w/mojo 3/4c Black beans with rice 1/2 c Shredded lettuce and tomato marquitas 1/2 c tropical fruit salad Whole grain roll 8 oz. Choice of milk</p>	<p>(7) 2oz. Chicken and yellow rice(4oz.) 1/2 c peas and diced red pepper 1/2 c green beans 1/2 c pineapple Whole grain Garlic roll 8 oz. Choice of milk</p>	<p>(8) 4 oz. Macaroni with cheese sauce(2oz.) 2 oz Beef patty 1/2 c Peas Banana 8oz. Choice of milk</p>	<p>(9) 2 oz. Chicken nuggets 1 oz. honey mustard sauce 1/2 c Green Beans 1/2 c Mashed Potato Whole grain roll 1/2 c Fruit salad 8oz. Choice of milk</p>	<p>(10) 4 oz. Soft Beef Taco 1/2 c Mexican Rice 1/2 c Corn, Green Beans and Peas Whole grain tortilla Banana 1 oz. taco sauce 8oz. Choice of milk</p>
<p>2 oz. Pan con lechón 1/2 c Shredded lettuce and tomato 1/2 c Tropical Fruit Salad 8oz. Choice of milk</p>	<p>2oz. BLT sandwich 1/2 c 3 Bean Salad 1/2 c pineapple 8oz. Choice of milk</p>	<p>2 oz Roast Beef and 1 oz. Cheese sandwich on whole grain bread 1/2 c green bean w/multi colored peppers salad Banana 8 oz. Choice of milk</p>	<p>2 oz Chicken Salad sandwich on whole grain bread 1/2 c Potato salad 1/2 c Fruit salad 8 oz. Choice of milk</p>	<p>Peanut butter and Jelly sandwich on Whole grain bread 1/2 c raisin and carrot salad Banana 8oz. Choice of milk</p>

A l i t e r n a t i v e

Mon _____ Date _____ TUES _____ Date _____ WED _____ Date _____ THURS _____ Date _____ FRI _____ Date _____

<p>(11) 1 oz Cheerios/Corrn Flakes 1 slice whole wheat toast 2 tbspp Peanut butter Fresh Orange 8 oz choice of milk</p>	<p>(12) 2oz Cheddar Cheese Omelet Whole wheat English Muffin ½ c fruit cup 8 oz choice of milk</p>	<p>(13) Whole Grain Bagel 2 oz cream cheese Large fresh apple 8 oz choice of milk</p>	<p>(14) 1.5 oz. sausage patty 2(3 oz.) French Toast ½ c pineapple bits 8oz. choice of milk 1.5 oz. syrup</p>	<p>(15) 3 oz Grilled Cheese Sandwich on whole grain bread ½ c peaches 8 oz choice of milk</p>
<p>(11) 2 oz Baked Chicken ¾ c green beans ½ c mac and cheese whole grain roll 3/4c apple sauce 8 oz. Choice of milk</p>	<p>(12) 4oz Beef and Cheese Burrito on whole grain wrap ¾ c Mixed vegetables ¾ c Peas ½ c peaches 8oz. Choice of milk</p>	<p>(13) 2oz. Meatballs with gravy ¾ c carrots ½ c mashed potato ¾ c Mixed fruit Whole grain roll 8oz. Choice of milk</p>	<p>(14) 2 oz. BBQ Chicken ¾ c Baked Beans 3/4c Sweet Corn ¾ c Colelaw ¾ c orange sections 8 oz. Choice of milk</p>	<p>(15) Cheese Burger (3oz. Beef Patty, 1 oz Cheese, on whole wheat bun) ¾ c Shredded lettuce and tomato ¾ c Baked Tater tots Fresh Apple ketchup and mustard 8 oz. Choice of milk</p>
<p>1 oz. Turkey and 1 oz. Ham and 1 oz cheese Slices on whole grain hoagle with Italian dressing ¾ c lettuce and tomato 3/4c apple sauce 8oz. Choice of milk</p>	<p>2 oz. Philadelphia Steak Sandwich on whole wheat roll) ¾ c bean salad ¾ c peas and carrots ¾ c orange sections 8 oz. Choice of milk</p>	<p>2 oz Midnight Sandwich (1 oz Ham 1 oz Pork, 1 oz cheese) ¾ c lettuce and tomato with vinaigrette dressing ¾ c Mixed fruit 8 oz. Choice of milk</p>	<p>2 oz Chicken Caesar Wrap ¾ c lettuce, tomato and carrots ¾ c Potato salad ½ c peaches 8 oz. Choice of milk</p>	<p>2oz. Roast Beef and 1oz. Swiss Cheese sandwich on Whole grain Roll 1 c Tossed Salad with Italian dressing ¾ c fruit cocktail 8oz. Choice of milk</p>

A I T E R N A T I V E

H O T L I N E

1 2 3 4 5 6 7 8 9 10 11 12

Mon _____ Date _____ TUES _____ Date _____ WED _____ Date _____ THURS _____ Date _____ FRI _____ Date _____

<p>(16) 1 oz Rice Crispies /Chex cereal 1 slice whole wheat bread 2 oz sliced cheese ½ c fruit cup 8 oz choice of milk</p>	<p>(17) 1.5 oz. sausage patty (2) 2.4 oz. pancakes ½ c pineapple bits 8 oz. choice of milk 1.5 oz. syrup</p>	<p>(18) Whole Grain Bagel Fresh Orange 8 oz. Choice of milk 2oz. cream cheese</p>	<p>(19) 2 (3 oz.) French Toast 1.5 oz. Scrambled Egg patty Fresh Banana 8oz. choice of milk 1.5 oz. syrup</p>	<p>(20) ½ c Cottage Cheese 2.2 oz. Whole Grain Blueberry Muffin ½ c peaches 8oz. choice of milk</p>
<p>(16) 2oz. Teriyaki Chicken Stir fry ½ c Special fried rice ¾ c Oriental Vegetables ¾ c orange wedges 8 oz. Choice of milk</p>	<p>(17) 4 oz. Macaroni 2 oz. Meat sauce ¾ c Caesar Salad with Italian Dressing whole grain garlic roll Apple Wedges 8 oz. Choice of milk</p>	<p>(18) 2 oz. Picadillo ½ c yellow rice ¾ c Mixed vegetables ¾ c Baked plantain 1/2c pineapple 8oz. Choice of milk</p>	<p>(19) 2 oz. Breaded Fish nuggets 1 oz. tartar sauce ¾ c Peas and Carrots ½ c Brown rice Whole grain roll ¾ c Orange sections 8oz. Choice of milk</p>	<p>(20) 2 oz. Meat Loaf ½ c Mashed potato ¾ c Carrots and Peas Whole grain dinner roll ½ c peaches 8oz. Choice of milk</p>
<p>2oz. Grilled Chicken sandwich on whole grain bread Corn on the Cob Apple Wedges 8oz. Choice of milk</p>	<p>1oz. Turkey Club Sandwich 1c Chopped Salad ¾ c orange wedges 8oz. Choice of milk</p>	<p>2 oz Grilled Chicken sandwich on whole grain bread 1 c Celery and carrot sticks with lite ranch dressing 1/2c pineapple 8 oz. Choice of milk</p>	<p>2 oz 3 Cheese sandwich on Whole grain bun ¾ c 3 bean salad ½ c Fruit salad 8 oz. Choice of milk</p>	<p>2oz. Mozzarella and tomato Panini ¾ c Garden salad with vinaigrette dressing ½ c peaches 8oz. Choice of milk</p>

N I G H T M E A L S H O T L I N E A I T E R N A L I V E