**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK-1** | **Sweet & Sour Chicken Broccoli**  **Diced Carrots**  Fresh Orange Whole Grain Bread (2)  Skim Milk (8oz)  K=575 F=8 C=84 S=644 | **Beef Tacos/WG Tortillas (2)**  **Peppers & Onions Pinto Beans**  Fruit Cup Skim Milk (8oz)  K=699 F=21 C=95 S=911 | **Baked Cheesy Pasta w/ Marinara Zucchini**  **Peas**  Fresh Apple Whole Grain Bread (2)  Skim Milk (8oz)  K=679 F=25 C=75 S=743 | **Beef Meatballs w/ Marinara**  **Green Beans Corn**  Fresh Pear Whole Grain Bread (2)  Skim Milk (8oz)  K=752 F=25 C=98 S=840 | **Greek Chicken Spinach Cauliflower** Fresh Orange  Whole Grain Bread (2) Skim Milk (8oz)  K= 703 F=25 C=65 S=755 |
| **HOT/** |
| **FROZEN** |
| 10/2, |
| 10/30, |
| 11/27, |
| 12/25 |
| **WEEK-1 COLD**  **K=calorie F=fat C=carb S=sodium** | Creamy Pasta Salad Celery Sticks Fresh Apple  100% Fruit Juice Skim Milk (8oz) | Turkey Ham Marinated Black Beans Whole Grain Bread (2) Fresh Pear  100% Fruit Juice Skim Milk (8oz) | Egg Salad Baby Carrots  Whole Grain Bread (2) Fresh Orange  100% Fruit Juice Fruit Yogurt Cup | Diced BBQ Chicken Cucumber Slices Whole Grain Bread (2) Fruit Cup  100% Fruit Juice Skim Milk (8oz) | Deli Turkey Lemon Chickpea Salad Whole Grain Bread (2)  Fresh Apple 100% Fruit Juice Skim Milk (8oz) |
|  | K=688 F=27 C=88 S=954 | K= 676 F=12 C=112 S=930 | K=501 F=13 C=82 S=545 | K=537 F=8 C=86 S=703 | K=628 F=15 C=90 S=961 |
| **WEEK-2 HOT/ FROZEN**  10/9,  11/6,  12/4 | **WG Cheese Ravioli/Shredded Mozzarella Asparagus Zucchini**  Fresh Apple Whole Grain Bread (1)  Skim Milk (8oz) | **Korean Ground Beef/Rice Green Beans**  **Carrots**  Fresh Pear Whole Grain Bread (1)  Skim Milk (8oz) | **Turkey Barbacoa/WG Tortillas (2)**  **Corn Cauliflower** Fruit Cup  Skim Milk (8oz) | **Beef Chili Mac Diced Carrots Broccoli**  Fresh Orange Skim Milk (8oz) | **Breaded Chicken Patty/Cheese slice Sweet Potatoes Spinach**  Fresh Apple Whole Grain Bread (2)  Skim Milk (8oz) |
|  | K=718 F=23 C=122 S=978 | K=642 F=11 C=95 S=1278 | K=654 F=10 C=85 S=1093 | K=820 F=15 C=135 S=844 | K=740 F=20 C=95 S=980 |
| **WEEK-2 COLD**  **K=calorie F=fat C=carb S=sodium** | Cottage Cheese Sliced Peaches Baby Carrots  Whole Grain Bread (2) 100% Fruit Juice Skim Milk (8oz) | Chicken Salad Tomato Slices  Whole Grain Bread (2) Fresh Orange  100% Fruit Juice Fruit Yogurt Cup | BBQ Bean Salad Red Pepper Strips  Whole Grain Bread (2) Fresh Apple  100% Fruit Juice Skim Milk (8oz) | Cheese Cubes Cucumber Slices Whole Grain Bread (2) Fresh Pear  100% Fruit Juice Fruit Yogurt Cup | Deli Turkey Celery Sticks  Whole Grain Bread (2) Fruit Cup  100% Fruit Juice Skim Milk (8oz) |
|  | K=443 F=4 C=70 S=849 | K=521 F=12 C=76 S=552 | K=454 F=4 C=90 S=618 | K=645 F=24 C=77 S=898 | K=446 F=4 C=75 S=837 |

\*\*margarine\*condiments served w/every meal.\* \*\*\* healthy life diet receives 1% milk\*\*\* K = Calories F = Fat C = Carbohydrate S = Sodium

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK-3 HOT/ FROZEN**  10/16,  11/13,  12/11 | **BBQ Chicken Asparagus Diced Carrots** Fresh Orange  Whole Grain Bread (2) Skim Milk (8oz)  K=721 F=23 C=74 S=876 | **Meatloaf Mashed Potatoes**  **Broccoli**  Fresh Apple Whole Grain Bread (2)  Skim Milk (8oz)  K=600 F=16 C=70 S=507 | **Chicken Taco/Shredded Cheddar/WG Tortillas (2) Black Beans**  **Corn**  Fresh Pear Skim Milk (8oz)  K=611 F=12 C=91 S=912 | **Hamburger/Yellow American Cheese Slice Green Beans**  **Diced Potatoes**  Fresh Apple Whole Grain Bread (2)  Skim Milk (8oz)  K=651 F=16 C=95 S=930 | **Veggie Bean Chili/Shredded Cheddar Cauliflower**  **Peas**  Fruit Cup Whole Grain Bread (2)  Skim Milk (8oz)  K=628 F=14 C=100 S=1268 |
| **WEEK-3 COLD**  **K=calorie F=fat C=carb S=sodium** | Turkey Ham Cucumber Slices Whole Grain Bread (2) Fresh Pear  100% Fruit Juice Skim Milk (8oz)  K=497 F=10 C=80 S=693 | Caesar Chicken Three Bean Salad  Whole Grain Bread (2) Fruit Cup  100% Fruit Juice Fruit Yogurt Cup  K=709 F=20 C=76 S=1113 | Greek Pasta Salad Red Pepper Strips Fruit Cup  100% Fruit Juice Skim Milk (8oz)  K=609 F=17 C=85 S=482 | Seafood Salad Tomato Slices  Whole Grain Bread (2) Fresh Orange  100% Fruit Juice Skim Milk (8oz)  K=483 F=9 C=96 S=977 | Egg Salad Baby Carrots  Whole Grain Bread (2) Fresh Apple  100% Fruit Juice Skim Milk (8oz)  K=505 F=14 C=79 S=591 |
| **WEEK- 4**  **HOT/ FROZEN**  10/23,  11/20,  12/18 | **Chicken Parmesan Carrots**  **Peas**  Fresh Pear Whole Grain Bread (2)  1% Milk (8 oz)  K=760 F=25 C=86 S=804 | **Beef Sloppy Joe Mashed Potatoes Broccoli**  Fresh Apple Whole Grain Bread (2)  1% Milk (8oz)  K=631 F=18 C=91 S=902 | **Orange Chicken Green Beans Cauliflower** Fresh Orange  Whole Grain Bread (2) 1% Milk (8oz)  K=734 F=22 C=110 S=713 | **Chicken Fajitas/WG Tortillas (2) Peppers & Onions Pinto Beans**  Fruit Cup 1% Milk (8oz)  K=736 F=20 C=96 S=984 | **Tuna Noodle Casserole Cooked Spinach Peas & Carrots**  Fresh Orange 1% Milk (8oz)  K=876 F=14 C=140 S=1070 |
| **WEEK-4 COLD**  **K=calorie F=fat C=carb S=sodium** | Deli Turkey Celery Sticks  Whole Grain Bread (2) Fresh Apple  100% Fruit Juice Skim Milk (8oz)  K=426 F=4 C=72 S=837 | Cottage Cheese Sliced Peaches Baby Carrots  Whole Grain Bread (2) 100% Fruit Juice Skim Milk (8oz)  K=443 F=4 C=76 S=849 | Tuna Salad Cucumber Slices  Whole Grain Bread (2) Fresh Pear  100% Fruit Juice Skim Milk (8oz)  K=514 F=8 C=78 S=715 | Seasoned Black beans Red Pepper Strips Whole Grain Bread (2) Fresh Orange  100% Fruit Juice Fruit Yogurt Cup  K=473 F=4 C=92 S=558 | Ranch Chicken Baby Carrots  Whole Grain Bread (2) Fruit Cup  100% Fruit Juice Fruit Yogurt Cup  K=493 F=8 C=72 S=544 |

\*\*margarine\*condiments served w/every meal.\* \*\*\* healthy life diet receives 1% milk\*\*\* K = Calories F = Fat C = Carbohydrate S = Sodium