

	Item	Portion	Brand	Cost
Week 1				
Monday	Tomato Basil Soup	6 oz		
	crackers	1 pkg		
	Salisbury Steak	1 each		
	Gravy	2 oz		
	AuGratin Potatoes	4 oz		
	Carrots	4 oz		
	Whole Wheat Bread	1 slice		
	Tropical Fruit	4 oz		
	Milk	8 oz		
	Total			
Tuesday	Chicken Parmesan			
	Breaded Chicken breast	4 oz		
	Tomato Sauce	4 oz		
	Mozzerella Cheese	1 oz		
	Ziti	4 oz		
	Tossed Salad	8 oz		
	Italian Dressing	1 oz		
	Wheat Bread	1 slice		
	Mandarin Oranges	4 oz		
	Milk	8 oz		
	Total			
Wednesday	Shepherd's Pie	8 oz		
	Broccoli	4 oz		
	Multigrain Bread	1 slice		
	Chocolate Pudding /Whip Topping	4 oz		
	or SF Choc Pudding	4 oz		
	Milk	8 oz		
	Total			
Thursday	Bean & Vegetable Soup	6 oz		
	Crackers	1 pkg		
	Homemade Meatloaf	3 oz		
	Gravy	2 oz		
	Mashed Potatoes	4 oz		
	Capri Blend Vegetables	4 oz		
	Biscuit	1 piece		
	Pineapple	4 oz		
	Milk	8 oz		
	Total			
Friday	Salmon Boat	5 oz		
	Dill Sauce	2 oz		
	Confetti Rice	4 oz		
	Brussels Sprouts	4 oz		
	Whole Wheat Dinner Roll	1 piece		
	Fruited Jello /Whip Topping	4 oz		
	Milk	8 oz		
	Total			

	Item	Portion	Brand	Cost
Week 2				
Monday	Chicken Stew	8 oz		
	Diced White Meat Chicken	3 oz		
	with Peas, Carrots & diced potato	4 oz		
	Green Beans	4 oz		
	Biscuit	1 each		
	Mandarin Oranges	4 oz		
	Milk	8 oz		
	Total			
Tuesday	Sloppy Joe	3 oz		
	Mashed Potatoes	1/2 cup		
	Tossed Salad	1/2 cup		
	Salad Dressing	1 oz		
	Hamburger Roll	1 each		
	B-day Cake	3 oz		
	Milk	8 oz		
	Total			
Wednesday	Chicken meatballs	3 oz		
	Tomato Sauce	3 oz		
	Pasta	4 oz		
	Tossed Salad	8 oz		
	Salad Dressing	1 oz		
	Garlic Bread	1 slice		
	Mixed Fruit	4 oz		
	Milk	8 oz		
	Total			
	Baked Ham	3 ounces		
Thursday	Pineapple-Raisin Sauce	2 oz		
	Sweet Potatoes	4 oz		
	Broccoli & Cauliflower	4 oz		
	Dinner Roll	1 each		
	Pears	4 oz		
	Milk	8 oz		
	Total			
	Split Pea Soup	6 oz		
Friday	Alaskan Pollock Fillet	1 each		
	Cranberry Wild Rice	4 oz		
	Spring Blend Vegetables	4 oz		
	Whole Wheat Bread	1 slice		
	Tapioca Pudding /Whip topping	4 oz		
	SF Vanilla Pudding	4 oz		
	Tartar Sauce	1 pkt		
	Milk	8 oz		
	Total			

	Item	Portion	Brand	Cost
WEEK 3	Sausage, Onions & Peppers	4 oz		
Monday	Tomato Sauce	2 oz		
	Egg Noodles	4 oz		
	Peas	4 oz		
	Italian Bread	1 slice		
	Tropical Fruit	4 oz		
	Milk	8 oz		
	Total			
Tuesday	Vegetable & Rice Soup	6 oz		
	Crackers	1 pkg.		
	Grilled Chicken Breast	3 oz		
	BBQ Sauce	2 oz		
	Scalloped Potato	4 oz		
	California Blend Vegetables	4 oz		
	Multigrain Bread	1 slice		
	Peaches	4 oz		
	Milk	8 oz		
	Total			
Wednesday	Broccoli & Cheese Quice	5 oz		
	Tator Tots	4 oz		
	Tossed Salad	8 oz		
	Salad Dressing	1 oz		
	Multigrain Bread	1 slice		
	Fruited Jello/Whip Topping	4 oz		
	or SF Fruited Jello	4 oz		
	Milk	8 oz		
	Total			
Thursday	Roasted Sliced Turkey	3 oz		
	Gravy	2 oz		
	Cranberry Sauce	2 oz		
	Herbed Stuffing	4 oz		
	Butternut Squash	4 oz		
	Whole Wheat dinner Roll	1 each		
	Apple Dump Cake	3 oz		
	or Angel Food Cake	2 oz		
	Milk	8 oz		
	Total			
Friday	Mushroom Barley Soup	6 oz		
	Haddock Pomodoro	5 oz		
	Roasted Red potatoes	4 oz		
	California Blend Veg	4 oz		
	Multigrain Roll	1 each		
	Lemon Square	4 oz		
	or SF Lemon Cookies	2 oz		
	Milk	8 oz		
	Total			

	Item	Portion	Brand	Cost
Week 4				
Monday	Pork Rib	3 oz		
	BBQ Sauce	2 oz		
	Sweet Potatoes	4 oz		
	Broccoli	4 oz		
	Fruit Loaf	1 pkg		
	Applesauce	4 oz		
	Milk	8 ounces		
	Total			
Tuesday	Chicken Piccata			
	Grilled Chicken Breast	3 oz		
	Piccata Sauce	2 oz		
	Egg Noodles	4 oz		
	Tuscan Style Veg	4 oz		
	Multigrain Bread	1 slice		
	Butterscotch Pudding /Whip topping	4 oz		
	or SF Pudding	4 oz		
	Milk	8 oz		
	Total			
Wednesday	Chicken Noodle Soup	6 oz		
	Crackers	1 pkg		
	Lazy Golumpki	8 oz		
	Peas	4 oz		
	Rye Bread	1 slice		
	Tropical Fruit	4 oz		
	Milk	8 oz		
	Total			
Thursday	Pot Roast (Roast Beef)	3 oz		
	Gravy	2 oz		
	Mashed Potatoes	4 oz		
	Capri Blend Veg	4 oz		
	Whole Wheat Roll	1 Each		
	B-Day Cake	3 oz		
	or Angel Food Cake	2 oz		
	Milk	8 oz		
	Total			
Friday	Hearty Vegetable Soup	6 oz		
	Baked Haddock	4 oz		
	Cheesy Mushroom Rice	4 oz		
	Zucchini/Stew Tomatoes	4 oz		
	Multigrain Roll	1 each		
	Pears	4 oz		
	Milk	8 oz		
	Total			