

Week 1 ND 8996 Tammy Alvarez						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bagels (3.25 oz WG) Topping Choice 1 oz Cream Cheese or Nut butter Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Breakfast Burrito (1.4 oz WG Tortilla) (1 Egg 1 oz cheese 1 oz sausage or bacon) (1/4 cup peppers/onions) Hash browns 1/4 cup 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Pancakes (2 oz WG) 2 oz Sausage Link/Patty 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Cereal (1 ozWG) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Muffin (1oz WG.) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Pop Tarts (2.2 oz) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Eggs MTO (2 eggs 3 oz) 2 Slices of Toast (3.2oz.WG) 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz
BLTS (3.2 oz WG Bread) 2 oz Bacon 1 oz cheese 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Veggie Chips (1 oz WG) Soup of the Day (1/2 cup Vegetable) Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Baked Potato Bar (1 potato 1 Cup) Topping Choice .5 oz: Cheese, bacon, sour cream 1/4 Cup chili Salad 2 cup credit WG Bread Sticks 1 oz WG Croutons 1 oz Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Philly Cheesesteak 2 oz WG Bun) (2 oz thin ribeye 1 oz cheese) (1/4 cup peppers/onions) 3/4 c Brussel Sprouts 1/2 c Roasted Potatoes Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Pork Chops (3 oz) 1 C Sautéed Cabbage 1/8 cup Mushrooms Garlic Noodles (2 oz WG) Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Fish Sticks (3 oz M/MA and 2.25 oz WG) 1/2 cup Tate Tots 1 cup Cauliflower Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Hamburger (2 oz patty 2.1 WG Bun) 1/2 cup Corn on the Cob 3/4 cup 3 Bean Salad 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Breaded Chicken Sandwich (2 oz M/MA 2.1 oz WG Bun) 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Veggie Bag 1/2 cup carrots 1/4 cup broccoli 1/4 cup celery Ranch Dip 2 oz Fresh Fruit Choice 1 Cup Milk Choice 8 oz
Chicken Divan Casserole (2 oz Chicken 1 oz Cheese, 1 cup broccoli 1 oz bread crumbs) 2 oz Dinner Roll Fresh Fruit Choice 1 Cup	Grilled Buffalo or Parm Chicken Sandwich (4 oz Chicken Breast 1/4 cup Marinara or Buffalo 1 oz mozzarella Cheese 2.1 oz WG Bun Romaine Lettuce 1/8 cup Baked Chips 1 oz bag Cucumber Salad 1 cup (1/2 cup cucumber 1/8 cup each tomato, onion bellpepper Fresh Fruit Choice 1 Cup	Jambalaya (2 oz ground beef 2 oz rice 1/4 cup each tomatoes, okra, 1/8 cup each celery, bell pepper, onion, edamame) Cornbread 2 oz muffin Fresh Fruit Choice 1 Cup	Chicken Strips (2 oz M/MA 1 oz WG) 1/2 Cup Mac and Cheese 1 cup Green Beans Fresh Fruit Choice 1 Cup	BBQ Meatballs (6 meatballs = 3 oz) 1/2 cup Yellow Rice 1 cup Squash Fresh Fruit Choice 1 Cup	Fettuccini Alfredo 2 oz noodles 1/2 cup alfredo sauce 1/8 cup Salad 2 cup credit 1.75 oz Garlic Bread Fresh Fruit Choice 1 Cup	Sheppard's Pie (2 oz ground beef or lamb, 1/2 cup 5 way veg blend 1/2 cup mashed potatoes) 2 oz Dinner Roll Fresh Fruit Choice 1 Cup

Menu Notes :

Breakfast Juice Choice: Apple, Orange, Grape, Fruit Punch

Fruit Choices for meals: clients receive a choice 1/2 to 1 cup of fresh fruit which varies seasonally to include Apples. oranges, grapes, strawberries, peaches, nectarines, tangerines, bananas, pears, kiwi, starfruit, blackberries, raspberries, blueberries, cherries, plums, pineapple, watermelon, cantaloupe, honeydew etc.

Salad Mix: 1 cup of Romaine 1/2 cups Arugula, Spinach and 1/8 cup following Carrots, Tomatoes, Red Pepper, Green Pepper, Iceberg, Cabbage, Cucumber, Celery

Soup of the day rotates: 1 cup Broccoli Cheddar, Vegetarian vegetable, Italian Wedding, Fiesta Corn Chowder, Roasted Red Pepper, French Onion

Week 2 Monday-Sunday

no 8996 Tammy Alvarez Raulon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Oatmeal (2 oz. WG) 1/4 cup fresh fruit) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Eggs MTO (2 eggs 3 oz) 2 Slices of Toast (3.2oz.WG) 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Breakfast Toast (1.6 oz WG) (Cinnamon Sugar or whipped Ricotta) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Buttermilk Biscuit 1/2 biscuit 1.1 WG) Topping Choice: Sausage Gravy, nut-butter, cream cheese, jelly 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Cereal (10z WG) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	French Toast Bites (2 oz WG) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	English Muffin Breakfast Sandwich (2 oz. WG) 1 oz each Ham/bacon, egg, cheese Hash brown 1/2 cup 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz
Baked Fish (3 oz M/MA 2 oz WG) Potato Wedges 3/4 cup Okra 3/4 cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Honey Chipotle Chicken (3 oz M/MA 2 oz. WG) Sweet Potatoes 3/4 cup Quinoa-Spinach Salad (1/2 c. spinach 1/4 cup chickpea) Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Chef Salad w Ham and Turkey (3 oz M/MA) Salad 2 cup credit Soup of the Day 1 cup Roll 2 oz WG Fresh Fruit Choice 1 Cup Milk Choice 8 oz	General Tso Chicken (2 oz M/MA) Wild Rice (2oz.WG) Stir Fry Veggies 1 cup Veggie Blend Egg Roll (.75 not WG) (1/2 cup veggie) Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Pot Pies (2 oz M/MA and 2.25 oz WG) 1/2 cup Veggies Chickpea Salad 1 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Ham or Turkey Sandwich (3. 2 oz WG and 3 oz M/MA) Veggie Bag 1/2 cup carrots 1/4 cup broccoli 1/4 cup celery Sun Chips 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Pizza (Base Pizza 2 oz WG 2 M/MA) 1/8 Cup Veg Salad 2 cup credit Fresh Fruit Choice 1 Cup Milk Choice 8 oz
Tacos or Quesadillas (2 oz M/MA 2 oz WG) Black/Pinto Beans 1/2 cup Spanish Rice 2 oz Shredded Lettuce/ Tomato/ Onion 1/2 cup Fresh Fruit Choice 1 Cup	Cheeseburger Pasta (2 oz grain 2 oz M/MA) Cauliflower 1 cup Fresh Fruit Choice 1 Cup	Italian Sausage Sandwich (2 oz WG Bun 3 oz M/MA) Potato Salad 1/2 cup Onion Rings 1/2 Cup Fresh Fruit Choice 1 Cup	Sloppy Joes (2 oz WG Bun 2 oz M/MA) Fries 1/2 cup Carrots 1/2 Cup Fresh Fruit Choice 1 Cup	Chicken Penne Pasta (2 oz Grain 2 oz M/MA (Artichokes, Roasted Red peppers, spinach and mushrooms in the pasta Roll 2 oz Fresh Fruit Choice 1 Cup	Country Fried Steak (2 oz M/MA and 2.2 oz Grain) Mashed Potatoes 1/2 Cup Greens 1/2 Cup Fresh Fruit Choice 1 Cup	Dorito Casserole (3 oz Grain 2.5 oz M/MA) Corn Cob 1 Cup Fresh Fruit Choice 1 Cup

Menu Notes :
Breakfast Juice Choice: Apple,
Orange, Grape, Fruit Punch

Fruit Choices for meals: clients
receive a choice 1/2 to 1 cup of
fresh fruit which varies
seasonally to include Apples.
oranges, grapes, strawberries,
peaches, nectarines, tangerines,
bananas, pears, kiwi, starfruit,
blackberries, raspberries,
blueberries, cherries, plums,
pineapple, watermelon,
cantaloupe, honeydew etc.

Salad Mix: 1 cup of Romaine 1/2
cups Arugula, Spinach and 1/8
cup following Carrots, Tomatoes,
Red Pepper, Green Pepper,
Iceberg, Cabbage, Cucumber,
Celery

Soup of the day rotates: 1 cup
Broccoli Cheddar, Vegetarian
vegetable, Italian Wedding,
Fiesta Corn Chowder, Roasted
Red Pepper, French Onion

Week 3 Monday-Sunday 08996 Tammy Alvarez 20K1LON						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bagels (3.25 oz WG) Topping Choice 1 oz Cream Cheese or Nut butter Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Chicken Biscuit Sandwich (2.25WG 1. oz M/MA) Dressing Choice 2 oz 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Breakfast Corndog (1 oz M/MA and 1 oz WG) Maple Syrup 2 oz 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Muffin (1oz WG.) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Cereal (1. oz WG) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Eggs MTO (1 egg 1.5 oz) 2 Slices of Toast (3.2oz.WG) Bacon 2 slice 1 oz 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Pop Tarts 2.25 oz Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz
Grilled Chicken Sandwich(2.1 oz WG Bun 3 oz M/MA) 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Carrots 3/4 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Taco Salad (Tortilla 2oz WG Salad 2 cup credit) Ground Beef 2 oz Corn-Black Bean Mix 1/4 C Salsa 1/8 C Shredded Cheese 1 oz Sour Cream 1 oz Dressing 2 oz Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Black Bean Burgers (2 oz WG 2.25 M/MA) Mac and Cheese (1oz) Broccoli 1 cup 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Bang-Bang Chicken or Shrimp 3 oz M/MA Lemon Herb Cous Cous 2 oz Grain 1/4 cup spinach Sweet Potatoes 3/4 cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Italian Wrap 2.5 oz WG Wrap 2.5 oz M/MA Brussel Sprouts 1 cup 1/8 cup spring mix 1/4 Cup Tomato 1/4 Onion Baked Beans 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Hotdog (2 oz M/MA 2 oz WG) Chili1/2 cup-Cheese 1 oz Coleslaw 1/2 cup Pretzels (1 oz.) Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Fish Sandwich (2.1oz WG bun and 2 oz M/MA) Potato Wedges 3/4 Cup Green Beans 1 Cup 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Fresh Fruit Choice 1 Cup Milk Choice 8 oz
Egg/Tuna Salad Choice(4 oz M/MA 3.2 oz WG) Roasted Squash 1 Cup Baked Chips 1 oz Fresh Fruit Choice 1 Cup	Meatloaf/Pot-roast 4 oz M/MA Mashed Potatoes 1/2 cup Peas 1/2 cup Fresh Fruit Choice 1 Cup	Roasted Chicken 4-6 oz M/MA Diced Potatoes 1 cup Black Eyed Peas 1/2 cup Fresh Fruit Choice 1 Cup	Sausage Pasta 2 oz Grain 4 oz M/MA French Bread 2 oz Tomato Salad 1 cup Fresh Fruit Choice 1 Cup	Hot Pocket 2 oz grain 1 oz M/MA Normandy Vegetables 1 cup Mozzarella Sticks 2 oz M/MA Fresh Fruit Choice 1 Cup	Spaghetti 2 oz grain 1/2 cup marinara Sausage 2 oz Salad 2 Cups Fresh Fruit Choice 1 Cup	Chicken Nuggets 4 oz M/MA Corn 1/2 cup Tots 1/2 cup Fresh Fruit Choice 1 Cup

Menu Notes :

Breakfast Juice Choice: Apple, Orange, Grape, Fruit Punch

Fruit Choices for meals: clients receive a choice 1/2 to 1 cup of fresh fruit which varies seasonally to include Apples. oranges, grapes, strawberries, peaches, nectarines, tangerines, bananas, pears, kiwi, starfruit, blackberries, raspberries, blueberries, cherries, plums, pineapple, watermelon, cantaloupe, honeydew etc.

Salad Mix: 1 cup of Romaine 1/2 cups Arugula, Spinach and 1/8 cup following Carrots, Tomatoes, Red Pepper, Green Pepper, Iceberg, Cabbage, Cucumber, Celery

Soup of the day rotates: 1 cup Broccoli Cheddar, Vegetarian vegetable, Italian Wedding, Fiesta Corn Chowder, Roasted Red Pepper, French Onion

Week 4 Monday-Sunday

no 8446 Tommy Alvarez Boulton

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Super Donut (1 oz WG) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Eggs MTO (2 eggs 3 oz) 2 Slices of Toast 3.2 oz WG 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Breakfast Toast (1.6 oz WG) (Cinnamon Sugar or whipped Ricotta) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Breakfast Pizza (1.4 oz WG) 2 oz M/MA 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Cereal (1 oz WG) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Sausage Biscuit Breakfast Sandwich w/ Cheese (2.25 WG 2oz M/MA) 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Waffle Sticks (2.25 WG) Choice : 1 oz Cheese stick or 2 oz yogurt 100% Juice Choice 4 oz 1/2 Cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz
Gyro (2.8 oz WG 2 oz M/MA) Cauliflower 1 cup 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Beef Stroganoff (2 oz M/MA) (Mushrooms Onions 1/2 cup) Egg Noodles 2 oz WG Peas 1/2 cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Grilled Cheese (3.2 oz WG 3 oz M/MA) Tomato Soup 1 cup (1/2 c credit) Salad 2 cup credit Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Meatball Sandwich (2.1 oz WG) (3 oz M/MA) (1/4 cup marinara) Asparagus 1 cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Corndog (2 oz WG 2 oz M/MA) Fries 1/2 cup Broccoli 1 cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Rib Sandwich (2 oz M/MA 2.1 oz WG) Onion Rings 1 cup 1/2 cup credit Baked Beans 1/2 Cup 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Fresh Fruit Choice 1 Cup Milk Choice 8 oz	Ham or Turkey Sandwich (3.2 oz WG and 3 oz M/MA) 1/8 cup Romaine 1/4 Cup Tomato 1/4 Onion Sun Chips 1 oz Normandy Veggies 1 cup Fresh Fruit Choice 1 Cup Milk Choice 8 oz
Ravioli 2 oz grain 4 oz M/MA Garlic Bread 4 oz grain Mixed Veggies 1 cup Fresh Fruit Choice 1 Cup	Kielbasa (4 oz M/MA) Scalloped Potatoes 1/2 cup Green Beans 1 cup Fresh Fruit Choice 1 Cup	Chicken Stir Fry 4 oz Egg Roll (.75 not WG) (1/2 cup veggie) Rice 2 oz Stir Fry Veggies 1 cup Fortune Cookie Fresh Fruit Choice 1 Cup	Pulled Pork (4oz M/MA 2.1 oz WG) Hash brown Casserole 1/2 cup Coleslaw 1/2 cup Fresh Fruit Choice 1 Cup	Burritos (1.5 WG tortilla 4 oz M/MA) Contains beef or chicken with rice, lettuce, tomatoes, green chilis and onions) Refried Beans 1/2 cup (1/4 cup veg in burrito) Fresh Fruit Choice 1 Cup	Pizza (Base Pizza 2 oz WG 2 M/MA) 1/8 Cup Veg 5 Bean Salad 1 cup Goldfish Crackers 2 oz Fresh Fruit Choice 1 Cup	Chili Mac 2 oz WG 4 oz M/MA Garden Salad 2 cups Fresh Fruit Choice 1 Cup

Menu Notes :

Breakfast Juice Choice: Apple, Orange, Grape, Fruit Punch

Fruit Choices for meals: clients receive a choice 1/2 to 1 cup of fresh fruit which varies seasonally to include Apples, oranges, grapes, strawberries, peaches, nectarines, tangerines, bananas, pears, kiwi, starfruit, blackberries, raspberries, blueberries, cherries, plums, pineapple, watermelon, cantaloupe, honeydew etc.

Salad Mix: 1 cup of Romaine 1/2 cups Arugula, Spinach and 1/8 cup following Carrots, Tomatoes, Red Pepper, Green Pepper, Iceberg, Cabbage, Cucumber, Celery

Soup of the day rotates: 1 cup Broccoli Cheddar, Vegetarian vegetable, Italian Wedding, Fiesta Corn Chowder, Roasted Red Pepper, French Onion