

Menu 1

Week of: _____



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk
Lunch	½ cup Rice 2 oz Chicken Stew ¼ cup Boiled Potatoes ¼ cup Pears 6 oz Milk	½ cup Cheese Pasta 2.5 oz Baked Fish ¼ cup Mixed Veg. ¼ cup Fruit Salad 6 oz Milk	½ cup Yellow Rice 2 oz Cubed Ham 2 slc Plantains ¼ cup melon 6 oz Milk	½ cup Mashed Potatoes 2.5oz Chicken Tenders ¼ cup Broccoli ¼ cup Watermelon 6 oz Milk	½ cup White Rice 2 oz Picadillo ¼ cup Lentils ¼ cup Peaches 6 oz Milk
Afternoon Snack	Cheese Wheat Crackers 100% Juice	Rice Cakes 100% Juice	Special K Strawberry Bars 1% Milk	Low Vanilla Pudding Teddy Grahams	Whole wheat Pita w/ Tuna 100% Juice

Menu items may be substituted with foods of similar nutritional value.

Approved

Maria Elena Hernandez, RD/LD/N ND0002559

Menu 2

Week of: _____



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk
Lunch	½ cup Macaroni w/ 4 Meatballs ¼ cup Marinara Sauce ¼ cup Oranges 6 oz Milk	½ cup White Rice 2.5 oz Baked Chicken ¼ cup Black Beans ¼ cup Pineapple 6 oz Milk	½ cup Cubed Potatoes 2 oz Turkey Meatloaf ½ Corn on th Cobb ¼ cup Fruit Salad 6 oz Milk	½ cup Creamy Rolini 4 Chicken Fingers ¼ cup Green Beans ¼ cup Melon 6 oz Milk	½ cup White Rice 2 oz Beef Stew ¼ cup Stew Potatoes ½ Banana 6 oz Milk
Afternoon Snack	Fruit cup in own Juice	Turkey Wheat Rolls 100% Juice	Chicken Salad Wheat Thins Crackers 100% Juice	Quaker Fruit Bars 1% Milk	Low Fat Yogurt / Animal Crackers

Menu items may be substituted with foods of similar nutritional value.

Approved

Maria Elena Hernandez, RD/LD/N ND0002559

Menu 3

Week of: _____



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk
Lunch	½ cup Rice 2.5 oz Fish ¼ cup Broccoli ¼ cup Fruit Salad 6 oz Milk	2 oz Ground Turkey ½ cup Mash Potatoes ¼ cup Green Beans ¼ cup Pears 6 oz Milk	¾ cup Chicken w/ Yellow Rice 2 Baked Plantains ¼ cup Peaches 6 oz Milk	½ cup Angel Hair 2 oz Ground Beef ¼ cup Tomato Sauce ¼ cup Applesauce 6 oz Milk	½ cup White Rice 1 Baked Drumstick ¼ cup Red Beans ¼ cup Pineapple 6 oz Milk
Afternoon Snack	White Cheese/ Wheat Pita 100% Juice	Oatmeal Cookies 1% Milk	Turkey & Cheese Roll- up	½ Wheat Bagel with Cream Cheese	Tuna Salad/ Whole Grain Crackers 100% Juice

Menu items may be substituted with foods of similar nutritional value.

Approved

Maria Elena Hernandez, RD/LD/N ND0002559

Menu 4

Week of: _____



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk
Lunch	½ cup Creamy Pasta 2 oz Boiled Ham 2 slc baked Plantain ¼ cup Fruit Salad 6 oz Milk	½ cup Rice 4 Chicken Nuggets ¼ cup Garbanzos ½ Banana 6 oz Milk	1 slc Pizza ½ cup Veg Soup ¼ cup melon 6 Oz Milk	½ cup Bowtie Pasta 2 oz Baked Turkey ¼ cup Peas ¼ cup Pineapple 6 oz Milk	½ cup Yellow Rice 2 oz Meatloaf ¼ cup Broccoli ¼ cup Peaches 6 oz Milk
Afternoon Snack	Special K Bars 1% Milk	Slice of Ham/Wheat Bread 100% Juice	Low Fat Yogurt Graham Crackers	Fruit Cup / or Fresh fruit	Ice Cream Granola

Menu items may be substituted with foods of similar nutritional value.

Approved

Maria Elena Hernandez, RD/LD/N ND0002559