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| **WEEK 1**  **Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** |
| Chicken Stir Fry  Rice  Veggie Egg Roll  Fresh Fruit  Milk | 1 Cup  ½ Cup  1 each  1 each  8 oz. | Beef Stroganoff  Egg Noodles  Spinach  Fresh Fruit  Milk | 1 Cup  ½ Cup  1 Cup  1 each  8 oz. | Cajun Roasted Turkey  Oven Roasted Potatoes  Broccoli  Fresh Fruit  Milk | 4 oz.  ½ Cup  1 Cup  1 each  8 oz. | Baked Ham  Baked Sweet Potato  Kale  Fresh Fruit  Milk | 4 oz.  1 each  1 Cup  1 each  8 oz. |
| **WEEK 2**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Stuffed Shells  Garlic Bread  Asparagus  Fresh Fruit  Milk | 2 each  1 each  1 cup  1 each  8 oz | Grilled Pork Chop  Wild Rice  Mix Veg.  Fresh Fruit  Milk | 1 each  ½ Cup  1 Cup  1 each  8 oz | Chicken & Dumplings  Green Beans  Fresh Fruit  Milk | 1.5 Cups  1 Cup  1 each  8 oz | Chili w/ toppings  Corn  Tortilla Chips  Fresh Fruit  Milk | 1 Cup  1 Cup  1 each  1 each  8 oz. |
| **WEEK 3**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Lasagna  Garlic Bread  Broccoli  Fresh Fruit  Milk | 1 piece  1 each  1 Cup  1 each  8 oz | Baked Chicken  Au Gratin Potatoes  Brussel Sprouts  Fresh Fruit  Milk | 2 pieces  ½ Cup  1 Cup  1 each  8 oz | Baked Fish  Buttered Noodles  Mixed Veg.  Fresh Fruit  Milk | 1 piece  ½ Cup  1 Cup  1 each  8 oz | Peppered Steak  Rice  Wax Beans  Fresh Fruit  Milk | 1 Cup  1/2 Cup  1 Cup  1 each  8 oz |
| **WEEK 4**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Orange Chicken  Rice  Cauliflower  Fresh Fruit  Milk | 4 oz.  ½ Cup  1 Cup  1 each  8 oz. | Spaghetti w/ Meatballs  Garlic Bread  Mixed Vegetable  Fresh Fruit  Milk | 1 Cup  1 each  1 Cup  1 each  8 oz. | Shrimp Alfredo Pasta  Garlic Bread  Garden Salad  Fresh Fruit  Milk | 1 Cup  1 each  1 Cup  1 each  8 oz. | Salisbury Steak  Mashed Potato  Peas  Fresh Fruit  Milk | 1 piece  ½ Cup  1 Cup  1 each  8 oz. |