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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 FruitMilk | 1 Cup ½ Cup1 each1 each8 oz. | Beef StroganoffEgg Noodles Spinach Fresh FruitMilk | 1 Cup½ Cup 1 Cup1 each8 oz. | Cajun Roasted Turkey Oven Roasted Potatoes Broccoli Fresh Fruit Milk | 4 oz. ½ Cup 1 Cup1 each8 oz. | Baked HamBaked Sweet Potato Kale Fresh Fruit Milk  | 4 oz. 1 each1 Cup1 each8 oz. |
| **WEEK 2****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Stuffed Shells Garlic BreadAsparagusFresh Fruit Milk | 2 each 1 each1 cup 1 each8 oz | Grilled Pork Chop Wild RiceMix Veg. Fresh FruitMilk | 1 each½ Cup1 Cup1 each8 oz | Chicken & Dumplings Green Beans Fresh FruitMilk | 1.5 Cups1 Cup 1 each8 oz | Chili w/ toppingsCorn Tortilla Chips Fresh FruitMilk  | 1 Cup1 Cup1 each1 each8 oz. |
| **WEEK 3****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Lasagna Garlic Bread Broccoli Fresh Fruit Milk | 1 piece1 each1 Cup1 each8 oz | Baked Chicken Au Gratin Potatoes Brussel Sprouts Fresh FruitMilk | 2 pieces ½ Cup 1 Cup 1 each8 oz | Baked Fish Buttered Noodles Mixed Veg. Fresh Fruit Milk | 1 piece ½ Cup1 Cup1 each8 oz | Peppered SteakRice Wax Beans Fresh Fruit Milk | 1 Cup 1/2 Cup1 Cup1 each8 oz |
| **WEEK 4****Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  |
| Orange Chicken Rice Cauliflower Fresh FruitMilk | 4 oz. ½ Cup1 Cup 1 each8 oz. | Spaghetti w/ Meatballs Garlic Bread Mixed VegetableFresh Fruit Milk | 1 Cup1 each1 Cup 1 each8 oz. | Shrimp Alfredo PastaGarlic Bread Garden SaladFresh Fruit Milk | 1 Cup 1 each 1 Cup 1 each8 oz. | Salisbury Steak Mashed Potato Peas Fresh Fruit Milk | 1 piece½ Cup 1 Cup1 each 8 oz. |