

Day, Month, Date	Monday 5/12, 6/23, 8/4, 9/15	Tuesday 4/1, 5/13, 6/24, 8/5, 9/16	Wednesday 4/2, 5/14, 6/25, 8/6, 9/17	Thursday 4/3, 5/15, 6/26, 8/7, 9/18	Friday 4/4, 5/16, 6/27, 8/8, 9/19
MEAT OR ALTERNATE 2 OZ.	Turkey Dog w/ Chili	low salt Chicken & Rice Casserole (8 oz.)	salt free Tuna Salad	salt free BBQ Chicken	baked Salisbury Steak w/ls Cream Mushroom Gravy
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	LF Coleslaw w/ Carrots Baked Beans	Salt Free Peas salt free Carrots	Vegetable Salad Macaroni Salad 6 oz. Vit C Fort Juice	Parm Crusted Half Baked Potato salt free Green Beans	SF/LF Herbed Noodles Pear Salad salt free Broccoli
BREAD & GRAINS 2 - 1 oz. SERVINGS	Hot dog bun	Wheat Roll	4 LS Crackers	Wheat Roll	Biscuit
FAT		Margarine		1 Tbsp. FF Sour Cream	
DESSERT ½ CUP SERVING	Apple Crisp	Tropical Fruit Salad	Cranberry Orange Muffin	Yellow Cake w/Chocolate Icing	
MISCELLANEOUS		Jelly		Jelly	Jelly
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	Milk

*Fruits and vegetables may be fresh, frozen, canned, or dried. Canned vegetables are indicated due to high sodium content. If canned vegetables are used they must first be soaked, rinsed, and drained at least twice to reduce the amount of sodium.

Approved By: _____
Dietitian/Nutritionist

Day, Month, Date	Monday 4/7, 5/19, 6/30, 8/11, 9/22	Tuesday 4/8, 5/20, 7/1, 8/12, 9/23	Wednesday 4/9, 5/21, 7/2, 8/13, 9/24	Thursday 4/10, 5/22, 7/3, 8/14, 9/25	Friday 4/11, 5/23, 7/4, 8/15, 9/26
MEAT OR ALTERNATE 2 OZ.	Lean, salt free Breaded Baked Pork Chop w/ LS Gravy	Baked Fish	Baked Meatballs (2 oz. meat) w/LS Gravy	Baked Chicken Filet	salt free Oven Roasted Turkey w/LS Gravy
VEGETABLES AND FRUITS 2 1/2 CUP SERVINGS	salt free Lima Bean salt free/low fat Squash Casserole w/ bread crumb top	low salt Macaroni and Cheese low fat Coleslaw w/ Carrots	Mashed Potatoes (vit. C fortified) Lemon Herb Carrots	Baked Seasoned Potato Wedges Lettuce and Tomato Slices (1 Cup)	Baked Sweet Potato Salt Free California Blend
BREAD & GRAINS 2 – 1 oz. SERVINGS	Dinner Roll	Cornbread	Biscuit	Hamburger Bun	Wheat Roll
FAT			Margarine		
DESSERT 1/2 CUP SERVING	Strawberry Shortcake	Orange	Blueberry Muffin	Peach Cobbler	Chocolate Pudding & 5 Vanilla Wafers
MISCELLANEOUS	Jelly		Jelly		
MILK (DAIRY) 1/2 PINT	Milk	Milk	Milk	Milk	Milk

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Day, Month, Date	Monday 4/14, 5/26 7/7, 8/18, 9/29	Tuesday 4/15, 5/27, 7/8, 8/19, 9/30	Wednesday 4/16, 5/28, 7/9, 8/20	Thursday 4/17, 5/29, 7/10, 8/21	Friday 4/18, 5/30, 7/11, 8/22
MEAT OR ALTERNATE 2 OZ	Baked /salt free Fresh Ham	Baked / lean Hamburger Patty	Baked Chicken	(3.2 oz.) BBQ Pork	Baked Cubed Steak w/ low sodium gravy
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	salt free Pinto Beans salt free Steamed Cabbage	Potato Wedges 6 oz. Vit C Fruit Juice (1 Cup) Lettuce, sliced Tomato & Onion	salt free Rice Pilaf salt free Mixed Vegetables	Baked Potatoes low fat Coleslaw w/ Carrots	Oven Roasted Potatoes salt free Peas and Carrots 6 oz. Vit C Fort. Juice
BREAD & GRAINS 2 – 1 oz. SERVINGS	Wheat Roll	Hamburger Bun	Wheat Roll	Hamburger Bun	Biscuit
FAT	Margarine		Margarine	fat free Sour Cream	
DESSERT ½ CUP SERVING	Brownies (2x2)	Peach Shortcake	Banana Pudding ½ Banana	Cake of Choice w/ Frosting	5 Vanilla Wafers
MISCELLANEOUS	Jelly				Jelly
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	Milk

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Day, Month, Date	Monday 4/21, 6/2, 7/14, 8/25	Tuesday 4/22, 6/3, 7/15, 8/26	Wednesday 4/23, 6/4, 7/16, 8/27	Thursday 4/24, 6/5, 7/17, 8/28	Friday 4/25, 6/6, 7/18, 8/29
MEAT OR ALTERNATE 2 OZ	(8 oz.) Chicken & Dumplings	Spaghetti w/ Meat Sauce and	Crunchy Baked Fish	lean Breaded Pork Chop	Baked /lean Hamburger Patty w/ 1 oz.
VEGETABLES AND FRUITS 2 1/2 CUP SERVINGS	Lemon Herb Carrots Sugar Snap Peas	Tossed Salad w/ Tomato Buttered Corn	LF Coleslaw w/ Carrots Macaroni and Cheese	Egg Noodles w/ LS Gravy Sweet Potato & Apple Bake	Twice Baked Potato Casserole (1 cup) Lettuce, Onion, Tomato
BREAD & GRAINS 2 – 1 oz. SERVINGS	Dinner Roll	Garlic Bread	Wheat Roll	Biscuit	Hamburger Bun
FAT	Margarine		Margarine		
DESSERT 1/2 CUP SERVING		Fruit Cobbler	Fruit of Choice	Orange	Spiced Peaches
MISCELLANEOUS	Jelly		Jelly	Jelly	Mustard/Ketchup
MILK (DAIRY) 1/2 PINT	Milk	Milk	Milk	Milk	Milk

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Day, Month, Date	Monday 4/28, 6/9, 7/21, 9/1	Tuesday 4/29, 6/10, 7/22, 9/2	Wednesday 4/30, 6/11, 7/23, 9/3	Thursday 5/1, 6/12, 7/24, 9/4	Friday 5/2, 6/13, 7/25, 9/5
MEAT OR ALTERNATE 2 OZ	Meat Loaf w/Italian Tomato Sauce	LF Tuna Salad	Roast Pork w/ LS Gravy (3 oz. Meat)	1 Cup LS Pinto Beans	SF Baked Chicken
VEGETABLES AND FRUITS 2 1/2 CUP SERVINGS	Salt Free Peas & Carrots Buttered Rice	LF Macroni Salad Vegetable Salad Pear Salad	Zucchini or Squash Sweet Potato Souffle	Greens of Choice Scallop Tomatoes	Green Beans Corn Pudding
BREAD & GRAINS 2 - 1 oz. SERVINGS	Wheat Roll	4 LS Crackers	Biscuit	Cornbread	Roll
FAT	Margarine				Margarine
DESSERT 1/2 CUP SERVING	Peach Half w/ 1/4 cup Cottage Cheese	Oatmeal Cookies	Apple Juice	5 Van Wafers or 3 Graham Cracker Sq. w/ Chocolate Pudding	Muffin of Choice and Fruit Juice
MISCELLANEOUS	Jelly	Tomato Juice	Vinegar		
MILK (DAIRY) 1/2 PINT	Milk	Milk	Milk	Milk	Milk

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Day, Month, Date	Monday 5/5, 6/16, 7/28, 9/8	Tuesday 5/6, 6/17, 7/29, 9/9	Wednesday 5/7, 6/18, 7/30, 9/10	Thursday 5/8, 6/19, 7/31, 9/11	Friday 5/9, 6/20, 8/1, 9/12
MEAT OR ALTERNATE 2 OZ	Baked Salmon Patties (2 oz. meat)	Chicken Salad (2 oz. Chicken in 3 oz. serving)	Sloppy Joe (3 oz. Meat)	Beef Pepper Steak w/LS Gravy (2 oz. Meat)	Baked Pork Ribs (2 oz. meat)
VEGETABLES AND FRUITS 2 1/2 CUP SERVINGS	Cabbage AuGratin Oven Roasted Potatoes	1 Cup Sliced Tomatoes on Lettuce Broccoli Salad	Low Fat Coleslaw w/ Carrots Tater Tots	Green Beans Salt Free Brown Rice	Greens of Choice Lima Beans
BREAD & GRAINS 2 - 1 oz. SERVINGS	Wheat Roll	2 slices Whole Wheat Bread	Hamburger Bun	Biscuit	Cornbread
FAT					
DESSERT ½ CUP SERVING	5 Vanilla Wafers or 3 Graham Cracker Sq.	Carrot Cake w/low fat cream cheese icing	Apple	1/3 Cup Pudding w/ ½ Banana	Peach Crisp
MISCELLANEOUS	Jelly			Jelly	Jelly
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	Milk

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