



EIGHT WEEK LUNCH/DINNER ROTATING MENU

Week 1

Grilled Chicken Breast, 3 oz
 Yellow Squash, 1/2 cup
 Peas, 1/2 cup
 Whole Orange, 1 piece
 Bread, 1 slice
 Oreo Crisps, 1 pack
 Milk, 8oz.

Salisbury Steak w/Mushrooms
 Baked Potato, 8 oz
 Grape Juice, 4 oz
 Bread, 1 slice
 Animal Crackers, 2 oz
 Milk, 8oz.

Wh Grain Grilled Cheese, 3.2 oz
 Corn, 1/2 cup
 Whole Banana, 1 piece
 Apple Juice, 4 oz
 SF Chocolate Pudding, 3 oz
 Milk, 8oz.

BBQ Beef, 3 oz
 Succotash, 1/2 cup
 Whole Apple, 1 piece
 Orange Juice, 4 oz
 Bread, 1 slice
 Fig Cookie, 1 piece
 Milk, 8oz.

Chicken Cordon Royale, 4 oz
 Broccoli, 1/2 cup
 Raisins, 1 box
 Cinnamon Crisps, 1 pack
 Bread, 1 slice
 Milk, 8oz.

Canned Tuna, 3 oz
 Hashbrown Patty, 2.25 oz
 Fruit Medley, 1/2 cup
 Green Beans, 1/2 cup
 Bread, 1 slice
 Oatmeal Cookie, 1 piece
 Milk, 8oz.

Wh Grain Cheese Pizza, 3.75 oz
 Sliced Zucchini, 1/2 cup
 Strawberries, 1/2 cup
 Cranberry Juice, 4 oz
 Milk, 8oz.

Week 2

WG Breaded Chicken Patty, 3 oz
 Winter Blend Veggies, 1/2 cup
 Sweet Potatoes, 4 pieces
 Banana, 1 piece
 Bread, 1 slice
 SF Vanilla Pudding, 3 oz
 Milk, 8oz.

Turkey & Cheese Pretzel, 4.8 oz
 Corn, 1/2 cup
 Whole Orange, 1 piece
 Sliced Zucchini, 1/2 cup
 Milk, 8oz.

Grilled Chicken Breast, 3 oz
 Brussel Sprouts, 1/2 cup
 Mini Roasted Potatoes, 1/2 cup
 Whole Apple, 1 piece
 Bread, 1 slice
 Cornbread, 1 piece
 Milk, 8oz.

Beef Patty, 2.5 oz
 Green Beans, 1/2 cup
 Baked Potato, 8 oz
 Bread, 1 slice
 Strawberry Chex Mix, 1.2 oz
 Milk, 8oz.

Meatloaf, 3 oz.
 Wax Beans, 1/2 cup
 Capri Vegetables, 1/2 cup
 Orange Juice, 4 oz
 Bread, 1 slice
 Oatmeal Cookie, 1 piece
 Milk, 8oz.

Cheese Stuffed Shells with Low
 Sodium Prego, 5 oz / 1/2 cup
 Pineapples, 1/2 cup
 Grape Juice, 4 oz
 Bread, 1 slice
 Milk, 8oz.

Oven Roast Turkey, 3 oz
 Peas & Carrots, 1/2 cup
 Diced Redskin Potatoes, 1/2 cup
 Peaches, 1/2 cup
 Whole Wheat Roll, 1 piece
 Graham Crackers, 2 oz
 Milk, 8oz.

Week 3

Buffalo Chicken Nuggets, 3 oz
 Diced Redskin Potatoes, 1/2 cup
 Whole Banana, 1 piece
 Orange Juice, 4 oz
 Bread, 1 slice
 SF Caramel Pudding, 3 oz
 Milk, 8oz.

Chopped BBQ Chicken, 3oz
 Carrots, 1/2 cup
 Broccoli, 1/2 cup
 Whole Apple, 1 piece
 Whole Wheat Pretzel, 1 piece
 Milk, 8oz.

Macaroni & Cheese, 7 oz
 Peas, 1/2 cup
 Pineapples, 1/2 cup
 Apple Juice, 4 oz
 Fat Free Yogurt, 4 oz
 Milk, 8oz.

Meatloaf, 3 oz
 Lima Beans, 1/2 cup
 Corn, 1/2 cup
 Whole Orange, 1 piece
 Bread, 1 slice
 Shortbread Cookie, 1 piece
 Milk, 8oz.

Oven Roast Turkey, 3 oz
 Hashbrown Patty, 2.25 oz
 Green Beans, 1/2 cup
 Strawberries, 1/2 cup
 Bread, 1 slice
 Pound Cake, 1 piece
 Milk, 8oz.

Canned Salmon, 3 oz
 Mixed Vegetables, 1/2 cup
 Apple Sauce, 4 oz
 Orange/Pineapple Juice, 4 oz
 Bread, 1 slice
 Milk, 8oz.

Mini Turkey Corn Dogs, 3 oz
 Baked Potato, 8 oz
 Grape Juice, 4 oz
 Special K Bar, 1 piece
 String Cheese, 1 piece
 Milk, 8oz.

Week 4

Smoked Pork Patty, 2 oz
 Capri Blend Vegetables, 1/2 cup
 Whole Banana, 1 piece
 Applesauce, 4 oz
 Oatmeal Cookie, 1 piece
 String Cheese, 1 piece
 Milk, 8oz.

Cheese Quesadilla, 4.6 oz
 Whole Orange, 1 piece
 Raisins, 1 box
 Milk, 8oz.

Chicken Drumstick, 3.25 oz
 Diced Redskin Potatoes, 1/2 cup
 Peas, 1/2 cup
 Cranberry Juice, 4 oz
 Whole Wheat Roll, 1 piece
 SF Caramel Pudding, 3.25 oz
 Milk, 8oz.

Pulled BBQ Chicken, 3 oz
 Sliced Zucchini, 1/2 cup
 Succotash, 1/2 cup
 Orange/Pineapple Juice, 4 oz
 Bread, 2 slices
 Milk, 8oz.

Beef Cabbage Roll, 4.4 oz
 Mixed Vegetables, 1/2 cup
 Whole Apple, 1 piece
 Grape Juice, 4 oz
 Animal Crackers, 2 oz
 Milk, 8oz.

Salisbury Steak
 Baked Potato, 8 oz
 Orange Juice, 4 oz
 Bread, 1 slice
 SF Chocolate Pudding, 3.25 oz
 Milk, 8oz.

Breaded Turkey Cutlet, 3 oz
 Broccoli, 1/2 cup
 Carrots, 1/2 cup
 Sliced Apples, 1/2 cup
 Bread, 1 slice
 Caramel Chex Mix, 1 pouch
 Milk, 8oz.

NOTE: The juices will contain the required RDA for Vitamin C - All juices are 100% Natural and Unsweetened



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Week 5

Fajita Chicken, 3 oz.
Corn Tortilla, 1 piece
Black Beans, 1/2 cup
Corn, 1/2 cup
Whole Orange, 1 piece
Animal Crackers, 1 pack
Milk, 8oz.

Beef Brisket, 3 oz
Brussel Sprouts, 1/2 cup
Raisins, 1 box
Bread, 1 slice
Shortbread Cookie, 1 piece
Milk, 8oz.

Smoked Chicken Wings, 3 oz
Whole Banana, 1 piece
Applesauce, 4 oz
Orange/Pineapple Juice, 4 oz
Bread, 1 slice
Cinnamon Crisps, 1 pack
Milk, 8oz.

BBQ Pulled Pork Sandwich, 3.2 oz
Carrots, 1/2 cup
Cranberry Juice, 4 oz
Whole Apple, 1 piece
SF Caramel Pudding, 3.25 oz
Milk, 8oz.

Meatloaf, 3 oz
Twice Baked Potato, 5 oz
Broccoli, 1/2 cup
Bread, 2 slices
Apple Juice, 4 oz
Milk, 8oz.

Chicken Patty
Green Beans, 1/2 cup
Strawberries, 1/2 cup
Grape Juice, 4 oz
Graham Crackers, 1 oz
Bread, 1 slice
Milk, 8oz.

Turkey Burger Patty, 2.5 oz
Sweet Potato, 4 oz
Peas, 1/2 cup
Pineapple, 1/2 cup
Bread, 1 slice
Fig Cookie, 1 piece
Milk, 8oz.

Week 6

Beef Pot Roast, 2 oz
Diced Redskin Potatoes, 1/2 cup
Broccoli, 1/2 cup
Banana, 1 piece
Animal Crackers, 1 pack
Bread, 1 slice
String Cheese, 1 piece
Milk, 8oz.

Chicken Eggroll, 3 oz
Whole Orange, 1 piece
Sliced Zucchini, 1/2 cup
Edamame Beans, 3 oz
Cranberry Juice, 4 oz
Fortune Cookie, 2 pieces
Milk, 8oz.

Chicken Drumstick, 3.3 oz
Mixed Vegetables, 1/2 cup
Succotash, 1/2 cup
Orange/Pineapple Juice, 4 oz
Bread, 1 slice
Oatmeal Cookie, 1 piece
Milk, 8oz.

Beef Patty, 2.5 oz
Baked Potato, 8 oz
Pineapples, 1/2 cup
Bread, 1 slice
Chocolate Chip Cookie, 1 piece
Milk, 8oz.

Asian Chicken Sandwich, 5.6 oz
Capri Vegetables, 1/2 cup
Whole Apple, 1 piece
Orange Juice, 4 oz
Milk, 8oz.

Canned Tuna, 3 oz
Corn, 1/2 cup
Winter Blend Veggies, 1/2 cup
Applesauce, 4 oz
Bread, 2 slices
Milk, 8oz.

White Macaroni & Cheese, 7 oz
Wax Beans, 1/2 cup
Carrots, 1/2 cup
Cranberry Juice, 4 oz
Milk, 8oz.

Week 7

Beef Patty, 2.5 oz
Carrots, 1/2 cup
Strawberries, 1/2 cup
Whole Banana, 1 piece
Animal Crackers, 1 pack
Bread, 1 slice
Milk, 8oz.

Cheese Tortellini, 4.5 oz
No Salt Added Prego, 1/2 cup
Whole Apple, 1 piece
Orange/Pineapple Juice, 4 oz
String Cheese, 1 piece
Milk, 8oz.

Broccoli & Cheese Chicken, 3 oz
Capri Blend Vegetables, 1/2 cup
Raisins, 1 box
Orange Juice, 4 oz
Bread, 1 slice
SF Chocolate Pudding, 3.25 oz
Milk, 8oz.

BBQ Pork Rib Patty, 3 oz
Mixed Vegetables, 1/2 cup
Applesauce, 4 oz
Whole Orange, 1 piece
Oatmeal Cookie, 1 piece
Bread, 1 slice
Milk, 8oz.

Oven Roast Turkey, 3 oz
Baked Potato, 8 oz
Corn, 1/2 cup
Bread, 1 slice
Shortbread Cookie, 1 piece
Milk, 8oz.

Pepperoni Calzone, 4.5 oz
Peas & Carrots, 1/2 cup
Wax Beans, 1/2 cup
Grape Juice, 4 oz
Milk, 8oz.

Chicken & Cheese Sandwich (2)
Green Beans, 1/2 cup
Sliced Apples, 1/2 cup
Cranberry Juice, 4 oz
Milk, 8oz.

Week 8

Veggie Garden Patty, 3.5 oz
Green Beans, 1/2 cup
Pineapples, 1/2 cup
Apple Juice, 4 oz
Bread, 1 slice
Shortbread Cookie, 1 piece
Milk, 8oz.

Grilled Chicken Breast, 3 oz
Brussel Sprouts, 1/2 cup
Baked Potato, 8 oz
SF Vanilla Pudding, 3.25 oz
Bread, 1 slice
Milk, 8oz.

Meatloaf, 3 oz
Mini Roasted Potatoes, 1/2 cup
Corn, 1/2 cup
Whole Orange, 1 piece
Bread, 1 slice
Blueberry Crisps, 1 pack
Milk, 8oz.

Breaded Chicken Thigh, 3.5 oz
Broccoli, 1/2 cup
Sliced Yellow Squash, 1/2 cup
Whole Apple, 1 piece
Bread, 1 slice
Graham Crackers, 1 pack
Milk, 8oz.

White Castle Cheeseburger, 2 pack
Hashbrown Patty, 2.25 oz
Winter Blend Vegetables, 1/2 cup
Whole Banana, 1 piece
Oatmeal Cookie, 1 piece
Milk, 8oz.

Breaded Chicken Patty, 4 oz
Wax Beans, 1/2 cup
Sliced Zucchini, 1/2 cup
Orange Juice, 4 oz
Bread, 1 slice
Animal Crackers, 1 pack
Milk, 8oz.

Beef Pot Roast, 2 oz
Diced Redskins Potatoes, 1/2 cup
Peas & Carrots, 1/2 cup
Cranberry Juice, 4 oz
Whole Wheat Pretzel, 2.5 oz
String Cheese, 1 piece
Milk, 8oz.

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