

**MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 1**

	<b>REGULAR</b>		<b>DIABETIC</b>		<b>NAS</b>		<b>DIABETIC NAS</b>	
<b>M O N D A Y</b>	Chicken Marsala	3oz	Chicken Marsala	3oz	Chicken Marsala	3oz	Chicken Marsala	3oz
	Rice Pilaf	½ c	Rice Pilaf	½ c	Rice Pilaf	½ c	Rice Pilaf	½ c
	Whole G. Beans	½ c	Whole G. Beans	½ c	Whole G. Beans	½ c	Whole G. Beans	½ c
	Banana	1	Banana	1	Banana	1	Banana	1
	Vanilla Wafers	6	Vanilla Wafers	6	Vanilla Wafers	6	Vanilla Wafers	6
	Egg Salad/Bun	2 oz	Egg Salad/Bun	2 oz	Egg Salad/Bun	2 oz	Egg Salad/Bun	2 oz
	Tropical Fruit	½ c	Tropical Fruit	½ c	Tropical Fruit	½ c	Tropical Fruit	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
<b>T U E S D A Y</b>	Mandarin House Chicken	3oz	Mandarin House Chicken	3oz	Mandarin House Chicken	3oz	Mandarin House Chicken	3oz
	Jasmine Rice	½ c	Jasmine Rice	½ c	Jasmine Rice	½ c	Jasmine Rice	½ c
	Baby Carrots	½ c	Baby Carrots	½ c	Baby Carrots	½ c	Baby Carrots	½ c
	Pears	½ c	Pears	½ c	Pears	½ c	Pears	½ c
	Chix Salad/Bun	¼ c	Chix Salad/Bun	¼ c	Chix Salad/Bun	¼ c	Chix Salad/Bun	¼ c
	Mandarin Oranges	½ c	Mandarin Oranges	½ c	Mandarin Oranges	½ c	Mandarin Oranges	½ c
	Vanilla Pudding	½ c	LC V. Pudding	½ c	Vanilla Pudding	½ c	LC V. Pudding	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
<b>W E D N E S D A Y</b>	Southern Fried Chx	3oz	Southern Fried Chx	3oz	Southern Fried Chx	3oz	Southern Fried Chx	3oz
	Garden Peas	½ c	Garden Peas	½ c	Garden Peas	½ c	Garden Peas	½ c
	Whipped Potatoes	½ c	Whipped Potatoes	½ c	Whipped Potatoes	½ c	Whipped Potatoes	½ c
	Gravy		Gravy		Gravy		Gravy	
	Grapes	15	Grapes	15	Grapes	15	Grapes	15
	Sugar Cookie	2	Sugar Cookie	1	Sugar Cookie	2	Sugar Cookie	1
	Ham/Swiss/ Bun	2 oz	Ham/ Bun	2 oz	Swiss/ Bun	2 oz	Swiss/ Bun	2 oz
	Fruited Gelatin	½ c	Fruited Gelatin	½ c	Fruited Gelatin	½ c	Fruited Gelatin	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
<b>T H U R S D A Y</b>	Hamburger/Bun	3 oz	Hamburger/Bun	3 oz	Hamburger/Bun	3 oz	Hamburger/Bun	3 oz
	Corn	½ c	Corn	½ c	Corn	½ c	Corn	½ c
	Tater Tots	10	Tater Tots	10	Tater Tots	10	Tater Tots	10
	Peaches	½ c	Peaches	½ c	Peaches	½ c	Peaches	½ c
	Chocolate Pudding	½ c	LC Choc. Pudding	½ c	Chocolate Pudding	½ c	LC Choc. Pudding	½ c
	Turkey/Bun	2oz	Turkey/Bun	2oz	Turkey/Bun	2oz	Turkey/Bun	2oz
	Mixed Fruit	½ c	Mixed Fruit	½ c	Mixed Fruit	½ c	Mixed Fruit	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
<b>F R I D A Y</b>	English Style Cod	3oz	English Style Cod	3oz	English Style Cod	3oz	English Style Cod	3oz
	Italian Seasoned Potatoes	½ c	Italian Seasoned Potatoes	½ c	Italian Seasoned Potatoes	½ c	Italian Seasoned Potatoes	½ c
	Swiss Spinach	½ c	Swiss Spinach	½ c	Swiss Spinach	½ c	Swiss Spinach	½ c
	Gelatin Jewels	½ c	LC Gelatin Jewels	½ c	Gelatin Jewels	½ c	LC Gelatin Jewels	½ c
	Tuna Salad/Bun	¼	Tuna Salad/Bun	¼	Tuna Salad/Bun	¼	Tuna Salad/Bun	¼
	Banana	1	Banana	1	Banana	1	Banana	1
	Pears	½ c	Pears	½ c	Pears	½ c	Pears	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2

**Carbohydrate Foods**