

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 2

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Chicken Francaise	3 oz	Chicken Francaise	3 oz	Chicken Francaise	3 oz	Chicken Francaise	3 oz
	Garden Peas	½ c	Garden Peas	½ c	Garden Peas	½ c	Garden Peas	½ c
	Wild Rice	½ c	Wild Rice	½ c	Wild Rice	½ c	Wild Rice	½ 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
	Chicken Salad/Bun	¼ c	Chicken Salad/Bun	¼ c	Chx Salad/Bun	¼ c	Chx Salad/Bun	¼ c
	Applesauce	½ c	Applesauce	½ c	Applesauce	½ c	Applesauce	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
T U E S D A Y	Breaded Pork Chop	3oz	Breaded Pork Chop	3oz	Breaded Pork Chop	3oz	Breaded Pork Chop	3oz
	Company Potatoes	½ c	Company Potatoes	½ c	Company Potatoes	½ c	Company Potatoes	½ c
	French Style Green	½ c	French Style Green	½ c	French Style Green	½ c	French Style Green	½ c
	Peaches	½ c	Peaches	½ c	Peaches	½ c	Peaches	½ c
	Sugar Cookies	2	Sugar Cookies	2	Sugar Cookies	2	Sugar Cookies	2
	Turkey/Bun	¼ c	Turkey/Bun	¼ c	Turkey/Bun	¼ c	Turkey/Bun	¼ c
	Pears	½ c	Pears	½ c	Pears	½ c	Pears	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
W E D N E S D A Y	Cavatelli and Meatballs	½ c	Cavatelli and Meatballs	½ c	Cavatelli and Meatballs	½ c	Cavatelli and Meatballs	½ c
	Dinner Roll	1	Dinner Roll	1	Dinner Roll	1	Dinner Roll	1
	Tossed Salad	½ c	Tossed Salad	½ c	Tossed Salad	½ c	Tossed Salad	½ c
	Italian Dressing	1	Italian Dressing	1	Italian Dressing	1	Italian Dressing	1
	Orange	1	Orange	1	Orange	1	Orange	1
	Tuna Salad/Bun	¼ c	Tuna Salad/Bun	¼ c	Tuna Salad/Bun	¼ c	Tuna Salad/Bun	¼ c
	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
T H U R S D A Y	Homestyle Turkey	3 oz	Homestyle Turkey	3 oz	Homestyle Turkey	3 oz	Homestyle Turkey	3 oz
	Smashed Potatoes	½ c	Smashed Potatoes	½ c	Smashed Potatoes	½ c	Smashed Potatoes	½ c
	Gravy		Gravy		Gravy		Gravy	
	Carrot Coins	½ c	Carrot Coins	½ c	Carrot Coins	½ c	Carrot Coins	½ c
	Wheat Bread	1	Wheat Bread	1	Wheat Bread	1	Wheat Bread	1
	Fruited Gelatin	½ c	LC Fruited Gelatin	½ c	Fruited Gelatin	½ c	LC Fruited Gelatin	½ c
	Choc Chip Cookies	2	Ham/Bun	¼ c	Choc Chip Cookie	2	Swiss/Bun	¼ c
	Ham/Swiss/Bun	¼ c	Pears	½ c	Swiss/Bun	¼ c	Pears	½ c
	Pears	½ c	2% Milk	2	Pears	½ c	2% Milk	2
	2% Milk	2			2% Milk	2		
F R I D A Y	Macaroni & Cheese	1 C	Macaroni & Cheese	1 C	Macaroni & Cheese	1 C	Macaroni & Cheese	1 C
	Broccoli Florets	½ c	Broccoli Florets	½ c	Peas	½ c	Broccoli Florets	½ c
	Chocolate Pudding	½ c	LC Choc Pudding	½ c	Chocolate Pudding	½ c	LC Choc Pudding	½ c
	Applesauce	½ c	Applesauce	½ c	Applesauce	½ c	Applesauce	½ c
	Turkey/Bun	2 oz	Turkey/Bun	2 oz	Turkey/Bun	2 oz	Turkey/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

Carbohydrate Foods