

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 3

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Sloppy Joe	½ c	Sloppy Joe	½ c	Sloppy Joe	½ c	Sloppy Joe	½ c
	Bun	1	Bun	1	Bun	1	Bun	1
	Tater Tots	10	Tater Tots	10	Tater Tots	10	Tater Tots	10
	Prince Edward	½ c	Prince Edward	½ c	Prince Edward	½ c	Prince Edward	½ c
	Applesauce	½ c	Applesauce	½ c	Applesauce	½ c	Applesauce	½ c
	Gelatin Jewels	½ c	LC Gelatin Jewels	½ c	LC Gelatin Jewels	½ c	LC Gelatin Jewels	½ c
	Egg Salad//Bun	¼ c	Egg Salad//Bun	¼ c	Egg Salad//Bun	¼ c	Egg Salad//Bun	¼ c
	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	
T U E S D A Y	Milwaukee Beef	3oz	Milwaukee Beef	3oz	Milwaukee Beef	3oz	Milwaukee Beef	3oz
	Tips		Tips		Tips		Tips	
	Fluffy Noodles	½ c	Fluffy Noodles	½ c	Fluffy Noodles	½ c	Fluffy Noodles	½ c
	Carrot Coins	½ c	Carrot Coins	½ c	Carrot Coins	½ c	Carrot Coins	½ c
	Tossed Salad	1 c	Tossed Salad	1 c	Tossed Salad	1 c	Tossed Salad	1 c
	Italian Dressing	1	Italian Dressing	1	Italian Dressing	1	Italian Dressing	1
	Fruited Gelatin	½ c	LC Fruited Gelatin	½ c	Fruited Gelatin	½ c	LC Fruited Gelatin	½ c
	Choc Chip Cookies	2	Choc Chip Cookies	1	Choc Chip Cookies	2	Choc Chip Cookies	1
	Turkey/Bun	2 oz	Turkey/Bun	2 oz	Turkey/Bun	2 oz	Turkey/Bun	2 oz
	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	
W E D N E S D A Y	Pulled Pork	3 oz	Pulled Pork	3 oz	Pulled Pork	3 oz	Pulled Pork	3 oz
	Garden Peas	½ c	Garden Peas	½ c	Garden Peas	½ c	Garden Peas	½ c
	Cole Slaw	½ c	Cole Slaw	½ c	Cole Slaw	½ c	Cole Slaw	½ c
	Banana	1	Banana	1	Banana	1	Banana	1
	Vanilla Pudding	½ c	LC V. Pudding	½ c	Vanilla Pudding	1	LC V. Pudding	½ c
	Ham/Swiss/Bun	2oz	Ham/Swiss/Bun	3 oz	Swiss/Bun	2 oz	Swiss/Bun	2 oz
	Pears	½ c	Pears	½ c	Pears	½ c	Pears	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
T H U R S D A Y	Chicken Stir-Fry	3oz	Chicken Stir-Fry	3oz	Chicken Stir-Fry	3oz	Chicken Stir-Fry	3oz
	Fluffy Rice	½ c	Fluffy Rice	½ c	Fluffy Rice	½ c	Fluffy Rice	½ c
	Cauliflower	½ c	Cauliflower	½ c	Cauliflower	½ c	Cauliflower	½ c
	Peaches	½ c	Peaches	½ c	Peaches	½ c	Peaches	½ c
	Sugar Cookies	2	Sugar Cookies	1	Sugar Cookies	2	Sugar Cookies	1
	Salami/Bun	2oz	Salami/Bun	2oz	Tuna Salad/Bun	¼ c	Tuna Salad/Bun	¼ c
	Orange	1	Orange	1	Orange	1	Orange	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
9 CHO								
F R I D A Y	Fried Chicken	3 oz	Fried Chicken	3 oz	Fried Chicken	3 oz	Fried Chicken	3 oz
	Whipped Potatoes		Whipped Potatoes		Whipped Potatoes		Whipped Potatoes	
	Gravy	½ c	Gravy	½ c	Gravy	½ c	Gravy	½ c
	Green Beans	¼ c	Green Beans	¼ c	Green Beans	¼ c	Green Beans	¼ c
	Dinner Roll	½ c	Dinner Roll	½ c	Dinner Roll	½ c	Dinner Roll	½ c
	Chocolate Pudding	1	LC Choc. Pudding	1	LC Choc. Pudding	1	LC Choc. Pudding	1
	Chix Salad/Bun	½ c	Chicken Salad/ Bun	½ c	Chicken Salad/ Bun	½ c	Chicken Salad/ Bun	½ c
	Grapes	¼ c	Grapes	¼ c	Grapes	¼ c	Grapes	¼ c
	2% Milk	15	2% Milk	15	2% Milk	15	2% Milk	15
	2		2		2		2	

Carbohydrate Foods