

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 4

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Mac & Cheese Green Beans Chocolate Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	2 sc ½ c 2oz 2	Mac & Cheese Green Beans LC Choc Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	2 sc ½ c 2oz 2	Mac & Cheese Green Beans Chocolate Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	2 sc ½ c 2oz 2	Mac & Cheese Green Beans LC Choc Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	2 sc ½ c 2oz 2
T U E S D A Y	Panko Chicken Whipped Potatoes Gravy California Melody Mixed Fruit Vanilla Pudding Ham/Swiss/Bun Mandarin Oranges 2% Milk	3oz ½ c ¼ c ½ c 2oz 2	Panko Chicken Whipped Potatoes Gravy California Melody Mixed Fruit LC Van Pudding Ham/Bun Mandarin Oranges 2% Milk	3oz ½ c ¼ c ½ c 2oz 2	Panko Chicken Whipped Potatoes Gravy California Melody Mixed Fruit Vanilla Pudding Swiss/Bun Mandarin Oranges 2% Milk	3oz ½ c ¼ c ½ c 2oz 2	Panko Chicken Whipped Potatoes Gravy California Melody Mixed Fruit LC Van Pudding Swiss/Bun Mandarin Oranges 2% Milk	3oz ½ c ¼ c ½ c 2oz 2
W E D N E S D A Y	Penne Pasta Meatballs Dinner Roll Tossed Salad Italian Dressing Pk Grapes Tuna Salad/Bun Fruited Jello 2% Milk	½ c 2 1 ½ c 1 15 ¼ c 2	Penne Pasta Meatballs Dinner Roll Tossed Salad Lt. Italian Dressing Grapes Tuna Salad/Bun Orange 2% Milk	½ c 2 1 ½ c 1 15 ¼ c 2	Penne Pasta Meatballs Dinner Roll Tossed Salad Italian Dressing Pk Grapes Tuna Salad/Bun Fruited Jello 2% Milk	½ c 2 1 ½ c 1 15 ¼ c 2	Penne Pasta Meatballs Dinner Roll Tossed Salad Lt. Italian Dressing Grapes Tuna Salad/Bun Orange 2% Milk	½ c 2 1 ½ c 1 15 ¼ c 2
T H U R S D A Y	Hot Turkey Sandw Bun Whipped Potatoes Gravy Carrot Coins Mixed Fruit Choc. Chip Cookie Egg Salad/Bun Pears 2% Milk	3 oz 1 ½ c ¼ c ½ c 2 ¼ c 2	Hot Turkey Sandw Bun Whipped Potatoes Gravy Carrot Coins Mixed Fruit Choc. Chip Cookie Egg Salad/Bun Pears 2% Milk	3 oz 1 ½ c ¼ c ½ c 1 ¼ c 2	Hot Turkey Sandw Bun Whipped Potatoes Gravy Carrot Coins Mixed Fruit Choc. Chip Cookie Egg Salad/Bun Pears 2% Milk	3 oz 1 ½ c ¼ c ½ c 2 ¼ c 2	Hot Turkey Sandw Bun Whipped Potatoes Gravy Carrot Coins Mixed Fruit Choc. Chip Cookie Egg Salad/Bun Pears 2% Milk	3 oz 1 ½ c ¼ c ½ c 1 ¼ c 2
F R I D A Y	Swedish Meatballs Fluffy Noodles Garden Peas Peaches Chocolate Pudding Orange Chick Salad/Bun 2% Milk	3 ½ c ½ c 1 ¼ c 2	Swedish Meatballs Fluffy Noodles Garden Peas Peaches LC Choc Pudding Orange Chick Salad/Bun 2% Milk	3 ½ c ½ c 1 ¼ c 2	Swedish Meatballs Fluffy Noodles Garden Peas Peaches Chocolate Pudding Orange Chick Salad/Bun 2% Milk	3 ½ c ½ c 1 ¼ c 2	Swedish Meatballs Fluffy Noodles Garden Peas Peaches LC Choc Pudding Orange Chick Salad/Bun 2% Milk	3 ½ c ½ c 1 ¼ c 2

Carbohydrate Foods