

MOBILE MEALS WINTER/SPRING / WEEK 2

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Chicken Parmesan	3oz	Chicken Parmesan	3oz	Chicken Parmesan	3oz	Chicken Parmesan	3oz
	Penne Marinara	½ C	Penne Marinara	½ C	Penne Marinara	½ C	Penne Marinara	½ C
	Green Beans	½ C	Green Beans	½ C	Green Beans	½ C	Green Beans	½ C
	Mandarin Oranges	1	Mandarin Oranges	1	Mandarin Oranges	1	Mandarin Oranges	1
	Van Pudding	1	LC Van Pudding	1	Van Pudding	1	LC Van Pudding	1
	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz
	Apple	1	Apple	1	Apple	1	Apple	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
T U E S D A Y	Escalloped Turkey Casserole	½ C	Escalloped Turkey Casserole	½ C	Escalloped Turkey Casserole	½ C	Escalloped Turkey Casserole	½ C
	Whipped Potatoes	½ C	Whipped Potatoes	½ C	Whipped Potatoes	½ C	Whipped Potatoes	½ C
	Gravy	¼ C	Gravy	¼ C	Gravy	¼ C	Gravy	¼ C
	Sliced Carrots	½ C	Sliced Carrots	½ C	Sliced Carrots	½ C	Sliced Carrots	½ C
	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1
	Sugar Cookies	1	Sugar Cookies	1	Sugar Cookies	1	Sugar Cookies	1
	Ham/Swiss/Bun	2oz/1	Ham/Swiss/Bun	2oz/1	Swiss/Bun	2oz/1	Swiss/Bun	2oz/1
	Banana	1	Banana	1	Banana	1	Banana	1
2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2	
W E D N E S D A Y	Chicken Cordon Bleu	3oz	Chicken Cordon Bleu	3oz	Chicken Cordon Bleu	3oz	Chicken Cordon Bleu	3oz
	Au Gratin Potatoes	½ C	Au Gratin Potatoes	½ C	Au Gratin Potatoes	½ C	Au Gratin Potatoes	½ C
	Broccoli	½ C	Broccoli	½ C	Broccoli	½ C	Broccoli	½ C
	Orange	1	Orange	1	Orange	1	Orange	1
	Tuna Salad/Bun	2 oz	Tuna Salad/Bun	2 oz	Tuna Salad/Bun	2 oz	Tuna Salad/Bun	2 oz
	Applesauce	1	Applesauce	1	Applesauce	1	Applesauce	1
	Gelatin	1	LC Gelatin	1	Gelatin	1	LC Gelatin	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
T H U R S D A Y	Monterey Chicken	3oz	Monterey Chicken	3oz	Monterey Chicken	3oz	Monterey Chicken	3oz
	Roasted Redskins	½ C	Roasted Redskins	½ C	Roasted Redskins	½ C	Roasted Redskins	½ C
	Prince Edward Veg	½ C	Prince Edward Veg	½ C	Prince Edward Veg	½ C	Prince Edward Veg	½ C
	Peaches	1	Peaches	1	Peaches	1	Peaches	1
	Choc Chip Cookie	2	Choc Chip Cookie	1	Choc Chip Cookie	2	Choc Chip Cookie	1
	Turkey/Swiss/Bun	2oz/1	Turkey/Swiss/Bun	2oz/1	Turkey/Swiss/Bun	2oz/1	Turkey/Swiss/Bun	2oz/1
	Diced Peaches	1	Diced Peaches	1	Diced Peaches	1	Diced Peaches	1
	2/% Milk	2	2/% Milk	2	2/% Milk	2	2/% Milk	2
F R I D A Y	Breaded Fish	3oz	Breaded Fish	3oz	Breaded Fish	3oz	Breaded Fish	3oz
	Cabbage & Noodles	½ C	Cabbage & Noodles	½ C	Cabbage & Noodles	½ C	Cabbage & Noodles	½ C
	Garden Peas	½ C	Garden Peas	½ C	Garden Peas	½ C	Garden Peas	½ C
	Choc Pudding	1	LC Choc Pudding	1	Choc Pudding	1	LC Choc Pudding	1
	Applesauce	1	Applesauce	1	Applesauce	1	Applesauce	1
	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz
	Grapes	15	Grapes	15	Grapes	15	Grapes	15
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2

Carbohydrate Foods