

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 1

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Brd. Chicken Parm Vegetable Medley Linguini & Sauce Applesauce Vanilla Wafers Tuna Salad/Bun Mandarin Oranges 2% Milk	1 Pc ½ c ½ c 1 6 ½ c 1 2	Brd. Chicken Parm Vegetable Medley Linguini & Sauce Applesauce Vanilla Wafers TunaSalad/Bun Mandarin Oranges 2% Milk	1 Pc ½ c ½ c 1 6 ½ c 1 2	Brd. Chicken Parm Vegetable Medley Linguini & Sauce Applesauce Vanilla Wafers Tuna Salad/Bun Mandarin Oranges 2% Milk	1 Pc ½ c ½ c 1 6 ½ c 1 2	Brd. Chicken Parm Vegetable Medley Linguini & Sauce Applesauce Vanilla Wafers Tuna Salad/Bun Mandarin Oranges 2% Milk	1 Pc ½ c ½ c 1 6 ½ c 1 2
T U E S D A Y	Turkey Tetrazzini Roasted Vegetable Mixed Fruit Egg Salad/Bun Orange Vanilla Pudding 2% Milk	2scp ½ c 1 ¼ C 1 ½ c 2	Turkey Tetrazzini Roasted Vegetable Mixed Fruit Egg Salad/Bun Orange LC Van Pudding 2% Milk	2scp ½ c 1 ¼ C 1 ½ c 2	Turkey Tetrazzini Roasted Vegetable Mixed Fruit Egg Salad/Bun Orange Vanilla Pudding 2% Milk	2scp ½ c 1 ¼ C 1 ½ c 2	Turkey Tetrazzini Roasted Vegetable Mixed Fruit Egg Salad/Bun Orange LC Van. Pudding 2% Milk	2scp ½ c 1 ¼ C 1 ½ c 2
W E D N E S D A Y	Roasted Turkey Stuffing Gravy Grapes Sugar Cookie Ham/Swiss/ Bun Gelatin 2% Milk	3oz ½ c ¼ c 15 2 2 oz 1 2	Roasted Turkey Stuffing Gravy Grapes Sugar Cookie Ham/Swiss/ Bun LC Gelatin 2% Milk	3oz ½ c ½ c 15 2 2 oz 1 2	Roasted Turkey Stuffing Gravy Grapes Sugar Cookie Ham/Swiss/ Bun Gelatin 2% Milk	3oz ½ c ½ c 15 2 2 oz 1 2	Roasted Turkey Stuffing Gravy Grapes Sugar Cookie Ham/Swiss/ Bun LC Gelatin 2% Milk	3oz ½ c ½ c 15 2 2 oz 1 2
T H U R S D A Y	Pot Roast w/ Carrots, Onion, Cel Whipped Potatoes Gravy Mandarin Oranges Chocolate Pudding Chicken Salad/Bun Mixed Fruit 2% Milk	3oz ½ c ½ c ¼ c 1 1 ¼ C 1 2	Pot Roast w/ Carrots, Onion, Cel Whipped Potatoes Gravy Mandarin Oranges LC Choc Pudding Chicken Salad/Bun Mixed Fruit 2% Milk	3oz ½ c ½ c ¼ c 1 1 ¼ C 1 2	Pot Roast w/ Carrots, Onion, Cel Whipped Potatoes Gravy Mandarin Oranges Chocolate Pudding Chicken Salad/Bun Mixed Fruit 2% Milk	3oz ½ c ½ c ¼ c 1 1 ¼ C 1 2	Pot Roast w/ Carrots, Onion, Cel Whipped Potatoes Gravy Mandarin Oranges LC Choc Pudding Chicken Salad/Bun Mixed Fruit 2% Milk	3oz ½ c ½ c ¼ c 1 1 ¼ C 1 2
F R I D A Y	Baked Cod Macaroni & Cheese Green Beans Gelatin Jewels Turkey/Bun Banana Grapes 2% Milk	3 oz ½ c ½ c ½ c 2oz 1 15 2	Baked Cod Macaroni & Cheese Green Beans LC Gelatin Jewels Turkey/Bun Banana Grapes 2% Milk	3 oz ½ c ½ c ½ c 2oz 1 15 2	Baked Cod Macaroni & Cheese Green Beans Gelatin Jewels Turkey/Bun Banana Grapes 2% Milk	3 oz ½ c ½ c ½ c 2oz 1 15 2	Baked Cod Macaroni & Cheese Green Beans LC Gelatin Jewels Turkey/Bun Banana Grapes 2% Milk	3 oz ½ c ½ c ½ c 2oz 1 15 2

Carbohydrate Foods