

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 1

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Beef Goulash	2scp	Beef Goulash	2scp	Beef Goulash	2scp	Beef Goulash	2scp
	Roasted Carrots	½ c	Roasted Carrots	½ C	Roasted Carrots	½ C	Roasted Carrots	½ C
	Banana	1	Banana	1	Banana	1	Banana	1
	Vanilla Wafers	6	Vanilla Wafers	6	Vanilla Wafers	6	Vanilla Wafers	6
	Chicken Salad/Bun	2 oz	Chicken Salad/Bun	2 oz	Chicken Salad/Bun	2 oz	Chicken Salad/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
T U E S D A Y	City Chicken	3oz	City Chicken	3oz	City Chicken	3oz	City Chicken	3oz
	Garden Peas	½ c	Garden Peas	½ c	Garden Peas	½ c	Garden Peas	½ c
	Steakhouse Potatoes	½ c	Steakhouse Potatoes	½ c	Steakhouse Potatoes	½ c	Steakhouse Potatoes	½ c
	Fruit	½ c	Fruit	½ c	Fruit	½ c	Fruit	½ c
	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c
	Mandarin Oranges	½ c	Mandarin Oranges	½ c	Mandarin Oranges	½ c	Mandarin Oranges	½ c
	Vanilla Pudding	½ c	LC Van Pudding	½ c	Vanilla Pudding	½ c	LC Van Pudding	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
W E D N E S D A Y	Southern Fried Chx	3oz	Southern Fried Chx	3oz	Southern Fried Chx	3oz	Southern Fried Chx	3oz
	Corn	½ c	Corn	½ c	Corn	½ c	Corn	½ c
	Whipped Potatoes	½ c	Whipped Potatoes	½ c	Whipped Potatoes	½ c	Whipped Potatoes	½ c
	Gravy		Gravy		Gravy		Gravy	
	Grapes	15	Grapes	15	Grapes	15	Grapes	15
	Sugar Cookie	2	Sugar Cookie	1	Sugar Cookie	2	Sugar Cookie	1
	Ham/Swiss/ Bun	2 oz	Ham/ Bun	2 oz	Swiss/ Bun	2 oz	Swiss/ Bun	2 oz
	Fruited Gelatin	½ c	Fruited Gelatin	½ c	Fruited Gelatin	½ c	Fruited Gelatin	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
T H U R S D A Y	Turkey Tetrazini	2scp	Turkey Tetrazini	2scp	Turkey Tetrazini	2scp	Turkey Tetrazini	2scp
	Capri Vegetables	½ c	Capri Vegetables	½ c	Capri Vegetables	½ c	Capri Vegetables	½ c
	Peaches	½ c	Peaches	½ c	Peaches	½ c	Peaches	½ c
	Chocolate Pudding	½ c	LC Choc Pudding	½ c	Chocolate Pudding	½ c	LC Choc Pudding	½ c
	Tuna/Bun	¼ C	Tuna/Bun	¼ C	Tuna/Bun	¼ C	Tuna/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
F R I D A Y	Mini Meatloaf	1	Mini Meatloaf	1	Mini Meatloaf	1	Mini Meatloaf	1
	Whipped Potatoes	½ c	Whipped Potatoes	½ c	Whipped Potatoes	½ c	Whipped Potatoes	½ c
	Gravy		Gravy		Gravy		Gravy	
	Green Beans	½ c	Green Beans	½ c	Green Beans	½ c	Green Beans	½ c
	Gelatin Jewels	½ c	LC Gelatin Jewels	½ c	Gelatin Jewels	½ c	LC Gelatin Jewels	½ c
	Turkey/Bun	¼	Turkey/Bun	¼	Turkey/Bun	¼	Turkey/Bun	¼
	Banana	1	Banana	1	Banana	1	Banana	1
	Fruit	½ c	Fruit	½ c	Fruit	½ c	Fruit	½ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2

Carbohydrate Foods