

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 2

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Chicken Monterey Roasted Vegetables Italian Potatoes Mandarin Oranges Vanilla Pudding Egg Salad/Bun Applesauce 2% Milk	3 oz ½ c ½ c ½ c ½ c ¼ c ½ c 2	Chicken Monterey Roasted Vegetables Italian Potatoes Mandarin Oranges LC Van Pudding Egg Salad/Bun Applesauce 2% Milk	3 oz ½ c ½ c ½ c ½ c ¼ c ½ c 2	Chicken Monterey Roasted Vegetables Italian Potatoes Mandarin Oranges LC Van Pudding Egg Salad/Bun Applesauce 2% Milk	3 oz ½ c ½ c ½ c ½ c ¼ c ½ c 2	Chicken Monterey Roasted Vegetables Italian Potatoes Mandarin Oranges LC Van Pudding Egg Salad/Bun Applesauce 2% Milk	3 oz ½ c ½ c ½ c ½ c ¼ c ½ c 2
T U E S D A Y	Chicken Stir-Fry Fluffy Rice Stir-Fry Vegetables Peaches Sugar Cookies Turkey/Bun Fruit 2% Milk	3oz ½ c ½ c ½ c 2 ¼ c ½ c 2	Chicken Stir-Fry Fluffy Rice Stir-Fry Vegetables Peaches Sugar Cookies Turkey/Bun Fruit 2% Milk	3oz ½ c ½ c ½ c 2 ¼ c ½ c 2	Chicken Stir-Fry Fluffy Rice Stir-Fry Vegetables Peaches Sugar Cookies Turkey/Bun Fruit 2% Milk	3oz ½ c ½ c ½ c 2 ¼ c ½ c 2	Chicken Stir-Fry Fluffy Rice Stir-Fry Vegetables Peaches Sugar Cookies Turkey/Bun Fruit 2% Milk	3oz ½ c ½ c ½ c 2 ¼ c ½ c 2
W E D N E S D A Y	Penne and Meatballs Dinner Roll Tossed Salad Italian Dressing Orange Tuna Salad/Bun Mixed Fruit 2% Milk	½ c 2 1 ½ c 1 1 ¼ c ½ c 2	Penne and Meatballs Dinner Roll Tossed Salad LC Italian Dressing Orange Tuna Salad/Bun Mixed Fruit 2% Milk	½ c 2 1 ½ c 1 1 ¼ c ½ c 2	Penne and Meatballs Dinner Roll Tossed Salad Italian Dressing Orange Tuna Salad/Bun Mixed Fruit 2% Milk	½ c 2 1 ½ c 1 1 ¼ c ½ c 2	Penne and Meatballs Dinner Roll Tossed Salad LC Italian Dressing Orange Tuna Salad/Bun Mixed Fruit 2% Milk	½ c 2 1 ½ c 1 1 ¼ c ½ c 2
T H U R S D A Y	Panko Chicken Company Potatoes Garden Peas Fruited Gelatin Choc Chip Cookies Ham/Swiss/Bun Fruit 2% Milk	3 oz ½ c ½ c ½ c 2 ¼ c ½ c 2	Panko Chicken Company Potatoes Garden Peas LC Fruited Gelatin Choc Chip Cookies Ham/Swiss/Bun Fruit 2% Milk	3 oz ½ c ½ c ½ c 1 ¼ c ½ c 2	Panko Chicken Company Potatoes Garden Peas Fruited Gelatin Choc Chip Cookies Ham/Swiss/Bun Fruit 2% Milk	3 oz ½ c ½ c ½ c 2 ¼ c ½ c 2	Panko Chicken Company Potatoes Garden Peas LC Fruited Gelatin Choc Chip Cookies Ham/Swiss/Bun Fruit 2% Milk	3 oz ½ c ½ c ½ c 1 ¼ c ½ c 2
F R I D A Y	Macaroni & Cheese Broccoli Florets Chocolate Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	2 scp ½ c ½ c ½ c 2 oz ½ c 2	Macaroni & Cheese Broccoli Florets LC Choc Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	2 scp ½ c ½ c ½ c 2 oz ½ c 2	Macaroni & Cheese Peas Chocolate Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	2 scp ½ c ½ c ½ c 2 oz ½ c 2	Macaroni & Cheese Broccoli Florets LC Choc Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	2 scp ½ c ½ c ½ c 2 oz ½ c 2

Carbohydrate Foods