

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 4

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Chicken Marsala	3oz	Chicken Marsala	3oz	Chicken Marsala	3oz	Chicken Marsala	3oz
	French Sty Gr Bean	½ c	French Sty Gr Bean	½ c	French Sty Gr Bean	½ c	French Sty Gr Bean	½ c
	Rice Pilaf	½ C	Rice Pilaf	½ C	Rice Pilaf	½ C	Rice Pilaf	½ C
	Chocolate Pudding	½ C	LC Choc Pudding	½ C	Chocolate Pudding	½ C	LC Choc Pudding	½ C
	Applesauce	½ C	Applesauce	½ C	Applesauce	½ C	Applesauce	½ C
	Turkey/Bun	2oz	Turkey/Bun	2oz	Turkey/Bun	2oz	Turkey/Bun	2oz
	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	Macaroni & Cheese	2scp	Macaroni & Cheese	2scp	Macaroni & Cheese	2scp	Macaroni & Cheese	2scp
	Carrot Coins	½ c	Carrot Coins	½ c	Carrot Coins	½ c	Carrot Coins	½ c
	Mixed Fruit	½ C	Mixed Fruit	½ C	Mixed Fruit	½ C	Mixed Fruit	½ C
	Vanilla Pudding	½ c	LC Van Pudding	½ c	Vanilla Pudding	½ c	LC Van Pudding	½ c
	Ham/Swiss/Bun	2oz	Ham/Swiss/Bun	2oz	Ham/Swiss/Bun	2oz	Ham/Swiss/Bun	2oz
	Mandarin Oranges	½ C	Mandarin Oranges	½ C	Mandarin Oranges	½ C	Mandarin Oranges	½ C
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
W E D N E S D A Y	Stuff Turkey Roll	1	Stuff Turkey Roll	1	Stuff Turkey Roll	1	Stuff Turkey Roll	1
	Gravy		Gravy		Gravy		Gravy	
	Candied Sweet Pot	½ C	Candied Sweet Pot	½ C	Candied Sweet Pot	½ C	Candied Sweet Pot	½ C
	Italian Green Beans	½ C	Italian Green Beans	½ C	Italian Green Beans	½ C	Italian Green Beans	½ C
	Grapes	½ C	Grapes	½ C	Grapes	½ C	Grapes	½ C
	Chicken Salad/Bun	¼ C	Chicken Salad/Bun	¼ C	Chicken Salad/Bun	¼ C	Chicken Salad/Bun	¼ C
	Fruited Jello	½ C	Fruited Jello	½ C	Fruited Jello	½ C	Fruited Jello	½ C
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
T H U R S D A Y	Veg Stuffed Pepper	1	Veg Stuffed Pepper	1	Veg Stuffed Pepper	1	Veg Stuffed Pepper	1
	Prince Ed Blend	½ C	Prince Ed Blend	½ C	Prince Ed Blend	½ C	Prince Ed Blend	½ C
	Dinner Roll	1	Dinner Roll	1	Dinner Roll	1	Dinner Roll	1
	Mixed Fruit	½ c	Mixed Fruit	½ c	Mixed Fruit	½ c	Mixed Fruit	½ c
	Choc. Chip Cookie	2	Choc. Chip Cookie	1	Choc. Chip Cookie	2	Choc. Chip Cookie	1
	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c
	Fruit	½ C	Fruit	½ C	Fruit	½ C	Fruit	½ C
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
F R I D A Y	Herb Crusted Cod	3 oz	Herb Crusted Cod	3 oz	Herb Crusted Cod	3 oz	Herb Crusted Cod	3 oz
	Green Beans	½ c	Green Beans	½ c	Green Beans	½ c	Green Beans	½ c
	Pierogies w/ onion	2	Pierogies w/ onion	2	Pierogies w/ onion	2	Pierogies w/ onion	2
	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
	Orange	1	Orange	1	Orange	1	Orange	1
	Chick Salad/Bun	¼ c	Chick Salad/Bun	¼ c	Chick Salad/Bun	¼ c	Chick Salad/Bun	¼ c
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2

Carbohydrate Foods