

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 5

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Macaroni & Cheese Orange Tossed Salad Italian Dressing Gelatin Jewels Egg Salad//Bun Tropical Fruit 2% Milk	2scp 1 1 C 1pk ½ c ¼ C ½ C 2	Macaroni & Cheese Orange Tossed Salad LC Italian Dressing LC Gelatin Jewels Egg Salad//Bun Tropical Fruit 2% Milk	2scp 1 1 C 1pk ½ c ¼ C ½ C 2	Macaroni & Cheese Orange Tossed Salad Italian Dressing Gelatin Jewels Egg Salad//Bun Tropical Fruit 2% Milk	2scp 1 1 C 1pk ½ c ¼ C ½ C 2	Macaroni & Cheese Orange Tossed Salad LC Italian Dressing LC Gelatin Jewels Egg Salad//Bun Tropical Fruit 2% Milk	2scp 1 1 C 1pk ½ c ¼ C ½ C 2
T U E S D A Y	Beef& Broccoli Stir-Fry Fluffy Rice Fruited Gelatin Choc Chip Cookies Turkey/Bun Mixed Fruit 2% Milk	3oz ½ c ½ c 2 2 oz ½ c 2	Beef& Broccoli Stir-Fry Fluffy Rice Mandarin Oranges Choc Chip Cookies Turkey/Bun Mixed Fruit 2% Milk	3oz ½ c ½ c 1 2 oz ½ c 2	Beef& Broccoli Stir-Fry Fluffy Rice Fruited Gelatin Choc Chip Cookies Turkey/Bun Mixed Fruit 2% Milk	3oz ½ c ½ c 2 2 oz ½ c 2	Beef& Broccoli Stir-Fry Fluffy Rice Mandarin Oranges Choc Chip Cookies Turkey/Bun Mixed Fruit 2% Milk	3oz ½ c ½ c 1 2 oz ½ c 2
W E D N E S D A Y	Chicken Stroganoff Fluffy Noodles Whole Green Beans Banana Vanilla Pudding Ham/Swiss/Bun Peaches 2% Milk	3 oz ½ c 1 ½ c 2oz ½ c 2	Chicken Stroganoff Fluffy Noodles Whole Green Beans Banana LC Van Pudding Ham/Swiss/Bun Peaches 2% Milk	3 oz ½ c 1 ½ c 2oz ½ c 2	Chicken Stroganoff Fluffy Noodles Whole Green Beans Banana Vanilla Pudding Ham/Swiss/Bun Peaches 2% Milk	3 oz ½ c 1 ½ c 2oz ½ c 2	Chicken Stroganoff Fluffy Noodles Whole Green Beans Banana LC Van Pudding Ham/Swiss/Bun Peaches 2% Milk	3 oz ½ c 1 ½ c 2oz ½ c 2
T H U R S D A Y	Chicken Scampi w/ Linguini Tossed Salad Italian Dressing Fruited Gelatin Choc Chip Cookies Salami/Bun Grapes 2% Milk	3 oz 1C 1 ½ c ½ c 2oz 15 2	Chicken Scampi w/ Linguini Tossed Salad Lt Italian Dressing Mandarin Oranges Choc Chip Cookies Salami/Bun Grapes 2% Milk	3 oz 1C 1 ½ c ½ c 2oz 15 2	Chicken Scampi w/ Linguini Tossed Salad Italian Dressing Mandarin Oranges Choc Chip Cookies Salami/Bun Grapes 2% Milk	3 oz 1C 1 ½ c ½ c 2oz 15 2	Chicken Scampi w/ Linguini Tossed Salad Lt Italian Dressing Mandarin Oranges Choc Chip Cookies Salami/Bun Grapes 2% Milk	3 oz 1C 1 ½ c ½ c 2oz 15 2
F R I D A Y	Fish Francaise Roasted Carrots Rice Pilaf Chocolate Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	3oz ½ c ½ c ½ c ½ C 2 oz ½ c 2	Fish Francaise Roasted Carrots Rice Pilaf LC Choc Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	3oz ½ c ½ c ½ c ½ C 2 oz ½ c 2	Fish Francaise Roasted Carrots Rice Pilaf Chocolate Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	3oz ½ c ½ c ½ c 2 oz ½ C ½ c 2	Fish Francaise Roasted Carrots Rice Pilaf LC Choc Pudding Applesauce Turkey/Bun Tropical Fruit 2% Milk	3oz ½ c ½ c ½ c 2 oz ½ C ½ C 2

Carbohydrate Foods