

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 1

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

Carbohydrate Foods