

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 4

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Roasted Chicken Breast	3oz	Roasted Chicken Breast	3oz	Roasted Chicken Breast	3oz	Roasted Chicken Breast	3oz
	Prince Edward Veg	½ c	Prince Edward Veg	½ c	Prince Edward Veg	½ c	Prince Edward Veg	½ c
	Roasted Potatoes	½ c	Roasted Potatoes	½ c	Roasted Potatoes	½ c	Roasted Potatoes	½ c
	Chocolate Pudding	1	LC Choc Pudding	1	Chocolate Pudding	1	LC Choc Pudding	1
	Applesauce	1	Applesauce	1	Applesauce	1	Applesauce	1
	Turkey/Bun	1	Turkey/Bun	1	Turkey/Bun	1	Turkey/Bun	1
	Mixed Fruit	2oz	Mixed Fruit	2oz	Mixed Fruit	2oz	Mixed Fruit	2oz
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
T U E S D A Y	Beef Burrito	3oz	Beef Burrito	3oz	Beef Burrito	3oz	Beef Burrito	3oz
	Spanish Rice	½ c	Spanish Rice	½ c	Spanish Rice	½ c	Spanish Rice	½ c
	Broccoli Florets	½ c	Broccoli Florets	½ c	Broccoli Florets	½ c	Broccoli Florets	½ c
	Peaches	1	Peaches	1	Peaches	1	Peaches	1
	Vanilla Pudding	1	Vanilla Pudding	1	Vanilla Pudding	1	Vanilla Pudding	1
	Ham/Swiss/Bun	2oz	Ham/Swiss/Bun	2oz	Ham/Swiss/Bun	2oz	Ham/Swiss/Bun	2oz
	Mandarin Oranges	1	Mandarin Oranges	1	Mandarin Oranges	1	Mandarin Oranges	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
W E D N E S D A Y	Beef Stew	3oz	Beef Stew	3oz	Beef Stew	3oz	Beef Stew	3 oz
	Biscuit	1	Biscuit	1	Biscuit	1	Biscuit	1
	Sliced Carrots	½ c	Sliced Carrots	½ c	Sliced Carrots	½ c	Sliced Carrots	½ c
	Grapes	15	Grapes	15	Grapes	15	Grapes	15
	Chicken Salad/Bun	¼ C	Chicken Salad/Bun	¼ C	Chicken Salad/Bun	¼ C	Chicken Salad/Bun	¼ C
	Gelatin	1	LC Gelatin	1	LC 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	Chicken Pot Pie	3oz	Chicken Pot Pie	3oz	Chicken Pot Pie	3oz	Chicken Pot Pie	3oz
	Biscuit	1	Biscuit	1	Biscuit	1	Biscuit	1
	Mixed Vegetable	½ c	Mixed Vegetable	½ c	Mixed Vegetable	½ c	Mixed Vegetable	½ c
	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1
	Choc. Chip Cookie	2	Choc. Chip Cookie	2	Choc. Chip Cookie	2	Choc. Chip Cookie	2
	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c	Egg Salad/Bun	¼ c
	Applesauce	1	Applesauce	1	Applesauce	1	Applesauce	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
F R I D A Y	Butter Crumb Fish	3 oz	Butter Crumb Fish	3 oz	Butter Crumb Fish	3 oz	Butter Crumb Fish	3 oz
	Green Bean	½ c	Green Bean	½ c	Green Bean	½ c	Green Bean	½ c
	Almondine		Almondine		Almondine		Almondine	
	Pierogies w/ onion	2	Pierogies w/ onion	2	Pierogies w/ onion	2	Pierogies w/ onion	2
	Grapes	15	Grapes	15	Grapes	15	Grapes	15
	Chocolate Pudding	1	LC Choc Pudding	1	LC Choc Pudding	1	LC Choc Pudding	1
	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	