

Day, Month, Date	Monday 4/14, 5/26, 7/7, 8/18, 9/29	Tuesday 4/15, 5/27, 7/8, 8/19, 9/30	Wednesday 4/16, 5/28, 7/9, 8/20	Thursday 4/17, 5/29, 7/10, 8/21	Friday 4/18, 5/30, 7/11, 8/22
MEAT OR ALTERNATE 2 OZ.	Hamburger on Bun w/ Lett/Tom/On	Pimento Cheese Sand	salt free Tuna Salad	salt free BBQ Chicken	baked Salisbury Steak w/ls Cream Mushroom Gravy
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	Corn Baked Beans	<u>1C Vegetable Beef Soup w/ Meat, Vegies, Potatoes@</u> Melon	Vegetable Salad Cottage Cheese & Peaches@	Parm Crusted Half Baked Potato salt free Green Beans	<u>Salt Free Broccoli@</u> Pear Salad
BREAD & GRAINS 2 - 1 oz. SERVINGS	Bun	<u>2 Slices Bread</u> 4 LS Crackers	Macaroni Salad 4 LS Crackers	Wheat Roll	Biscuit SF/LF Herb Noodles
FAT					
DESSERT ½ CUP SERVING	Seasonal Fruit	<u>6 oz Vit C Fort Fruit Juice</u>	<u>6 oz Vit C Fort Fruit Juice</u>	Yellow Cake w/Chocolate Icing	
MISCELLANEOUS					Jelly
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	Milk

*Fruits and vegetables may be fresh, frozen, canned, or dried. Canned vegetables are indicated due to high sodium content. If canned vegetables are used they must first be soaked, rinsed, and drained at least twice to reduce the amount of sodium.

Ada H. Dunn, MS, RD, LD
2725671

Approved By: _____
Dietitian/Nutritionist

Day, Month, Date	Monday 4/21, 6/2, 7/14, 8/25	Tuesday 4/22, 6/3, 7/15, 8/26	Wednesday 4/23, 6/4, 7/16, 8/27	Thursday 4/24, 6/5, 7/17, 8/28	Friday 4/25, 6/6, 7/18, 8/29
MEAT OR ALTERNATE 2 OZ.	Oven Fried Fish	Baked Ziti	LS Swedish Meatballs (2 oz. meat) w/LS Gravy	Baked Chicken Filet Sandwich w/ Lettuce & Tomato	salt free Oven Roasted Turkey w/LS Gravy
VEGETABLES AND FRUITS 2 1/2 CUP SERVINGS	Macaroni and Cheese <u>Coleslaw</u> w/Carrots@	Tossed Salad w/ <u>Tomato</u> Carrots@	<u>Mashed</u> <u>Potatoes</u> (vit. C fortified) Green Peas@	Baked Seasoned Potato Wedges <u>Lettuce and</u> <u>Tomato Slices</u> Peaches	Baked Sweet Potato@ Salt Free <u>California</u> <u>Blend</u> <u>Vegetables@</u>
BREAD & GRAINS 2 – 1 oz. SERVINGS	Cornbread Graham Crackers	Garlic Roll/ Bread	Biscuit	Hamburger Bun	Stuffing
FAT	Tartar Sauce	FF Dressing			
DESSERT ½ CUP SERVING	<u>Orange</u>	Fruit Crisp	Muffin	<u>6 oz Vit C</u> <u>Fort Fruit</u> <u>Juice</u>	Chocolate Pudding & 5 Vanilla Wafers
MISCELLANEOUS					
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	Milk

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Dietitian/Nutritionist

Day, Month, Date	Monday 4/28, 6/9, 7/21, 9/1	Tuesday 4/29, 6/10, 7/22, 9/2	Wednesday 4/30, 6/11, 7/23, 9/3	Thursday 5/1, 6/12, 7/24, 9/4	Friday 5/2, 6/13, 7/25, 9/5
MEAT OR ALTERNATE 2 OZ	Baked/Lean Hamburger Patty	Pinto Beans (1 cup)	Champion Casserole	LS/LF Hot Dog w/ Chili	Baked Cubed Steak w/ LS gravy
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	Baked Beans Lettuce, sliced <u>Tomato</u> and Onion (1 cup) <u>Tropical Fruit</u>	<u>Steamed Cabbage</u> <u>Mashed Potatoes</u> (Vit C Fort.) <u>6 oz. Vit C Fort. Juice</u>	Mixed Vegetables@ Seasonal Melon	<u>Cole Slaw</u> @ Summer Bean Salad Banana	Oven Roasted Potatoes Peas and Carrots@
BREAD & GRAINS 2 – 1 oz. SERVINGS	Hamburger Bun	Cornbread	Wheat Roll	Bun	Biscuit
FAT	Must/Ketchup	Margarine		Mustard	
DESSERT ½ CUP SERVING		Brownies (2x2)	Vanilla Pudding		5 Vanilla Wafers
MISCELLANEOUS	<u>6 oz Vit C Fort Fruit Juice</u>				
MILK (DAIRY) ½ PINT		Milk	Milk	Milk	Milk

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Adah. Dunn, MS, RD, LD
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Dietitian/Nutritionist

Day, Month, Date	Monday 5/5, 6/16, 7/28, 9/8	Tuesday 5/6, 6/17, 7/29, 9/9	Wednesday 5/7, 6/18, 7/30, 9/10	Thursday 5/8, 6/19, 7/31, 9/11	Friday 5/9, 6/20, 8/1, 9/12
MEAT OR ALTERNATE 2 OZ	(8 oz.) Chicken & Dumplings	Spaghetti w/ Meat Sauce	Pulled Pork	Chicken Salad (2 oz. Chicken in 3 oz. serving)	Taco Casserole w/ Meat, Sauce, Noodles
VEGETABLES AND FRUITS 2 1/2 CUP SERVINGS	Sunshine Carrots@ Green Beans	Tossed Salad w/ <u>Tomato</u> Buttered Corn	<u>LF Coleslaw</u> w/ Carrots@ Mixed Vegetable@	1 Cup Sliced <u>Tomatoes</u> on Lettuce <u>Broccoli</u> <u>Salad@</u> <u>6 oz Vit C</u> <u>Fort Juice</u>	<u>Winter Blend</u> (1 cup) Shredded Lettuce, Diced Onion & Tomato
BREAD & GRAINS 2 – 1 oz. SERVINGS	Cornbread <u>Dumplings</u>	Garlic Bread <u>Spaghetti</u> <u>Noodles</u>	Hamburger Bun	2 slices Bread	Roll or Soft Tortillas 3 Sq Graham Crackers
FAT	Margarine				
DESSERT 1/2 CUP SERVING	Fruit Crisp	Applesauce Cake	<u>6 oz Vit C Fort</u> <u>Juice</u>	Cookie	Jello Fluff
MISCELLANEOUS			<u>6 oz Vit C Fort</u> <u>Fruit Juice</u>		
MILK (DAIRY) 1/2 PINT	Milk	Milk	Milk	Milk	Milk

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Dietitian/Nutritionist

Day, Month, Date	Monday 5/12, 6/23, 8/4, 9/15	Tuesday 4/1, 5/13, 6/24, 8/5, 9/16	Wednesday 4/2, 5/14, 6/25, 8/6, 9/17	Thursday 4/3, 5/15, 6/26 8/7, 9/18	Friday 4/4, 5/16, 6/27, 8/8, 9/19
MEAT OR ALTERNATE 2 OZ	LF Tuna Salad	LF Egg Salad Sandwich	Pinto Beans	Baked Chicken Strips	Meatloaf w/ Italian Tomato Sauce
VEGETABLES AND FRUITS 2 1/2 CUP SERVINGS	Vegetable Salad@ <u>Tomato Jc</u>	Potato Soup w/ Onions & Celery <u>Orange Juice</u>	<u>Greens of Choice@</u> <u>Scallop Tomatoes</u>	Green Beans Boiled Red Potatoes	Peas & Carrots@ Buttered Rice
BREAD & GRAINS 2 - 1 oz. SERVINGS	LF Macaroni Salad 4 LS Crackers	2 Slices Bread	Cornbread	Roll	Wheat Roll
FAT					
DESSERT ½ CUP SERVING	Oatmeal Cookies	Apple Sauce Dumplings	Chocolate Pudding Graham Crackers	Cake	2 Peach Halves w/ ¼ Cup Cottage Cheese
MISCELLANEOUS			Vinegar	Jelly	
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	Milk

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Day, Month, Date	Monday 4/7, 5/19, 6/30, 8/11, 9/22	Tuesday 4/8, 5/20, 7/1, 8/12, 9/23	Wednesday 4/9, 5/21, 7/2, 8/13, 9/24	Thursday 4/10, 5/22, 7/3, 8/14, 9/25	Friday 4/11, 5/23, 7/4, 8/15, 9/26
MEAT OR ALTERNATE 2 OZ	Baked Salmon Patties (2 oz. meat)	Sloppy Joes (3 oz. serving)	Chicken Salad (2 oz. Chicken in 3 oz. serving)	Beef Pepper Steak w/LS Gravy (2 oz. Meat)	Baked Pork Ribs (2 oz. meat)
VEGETABLES AND FRUITS 2 1/2 CUP SERVINGS	<u>Stewed Cabbage</u> Oven Roasted Potatoes <u>Vit. C Fort. Fruit Juice</u>	<u>Coleslaw w/ Carrots@</u> Potato Wedges	1C Lettuce & <u>Tomato</u> <u>Broccoli Salad@</u>	Green Beans Brown Rice	<u>SF Greens of Choice@</u> Baked Beans
BREAD & GRAINS 2 - 1 oz. SERVINGS	Wheat Roll	Hamburger Bun	2 Sl Bread	Biscuit	Cornbread
FAT	Margarine				
DESSERT 1/2 CUP SERVING	5 Vanilla Wafers or 3 Graham Cracker Sq.	Poke Cake/Orange Dream Cycle Cake	Spice Cake/Carrot Cake w/low fat cream cheese icing	Banana	Peach Crisp@
MISCELLANEOUS	Jelly				Vinegar
MILK (DAIRY) 1/2 PINT	Milk	Milk	Milk	Milk	Milk

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