

Sample

Week 5

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
B R E A K F A S T	Oatmeal Scrambled eggs Toast Pear Beverages: Coffee/tea, milk, juice	Yogurt parfait Whole grain toast Apple Beverages: Coffee/tea, milk, juice	Pancakes Fruit topping Sausage link Beverages: Coffee/tea, milk, juice	Cereal Milk Eggs Orange Beverages: Coffee/tea, milk, juice	French toast Berries Bacon Beverages: Coffee/tea, milk, juice	Omelet Toast Fruit Beverages: Coffee/tea, milk, juice	Waffles Eggs Fruit Beverages: Coffee/tea, milk, juice
L U N C H	Turkey sandwich Side salad Chicken noodle soup Beverages: Water, milk, tea Dessert: Key lime pie	Chicken wrap Carrot sticks Dinner roll Beverages: Water, milk Dessert: Coconut cream pie	Chicken & Veggie stir-fry Rice Apple slices Beverages: Water, tea Dessert: Ice cream	Tuna salad sandwich Fresh fruit Corn on the cob Beverages: Water, milk Dessert: Mini whoopie pie	Cheeseburger Sweet potato fries Side salad Beverages: Water, milk Dessert: Shortbread cookie with jam	Pizza slice Side salad Fresh fruit Beverages: Water, milk Dessert: Gingerbread cookie	BLT sandwich Veggie soup Fresh fruit Beverages: Water, milk Dessert: Brownie
D I N N E R	Baked tilapia slice Peas Beverages: Water, decaf	Light beef tips Broccoli Beverages: Herbal tea, water	Roast chicken slice Green beans Beverages: Milk, water	Turkey casserole Cauliflower Beverages: Herbal tea, water	Baked cod Asparagus Beverages: Herbal tea, water	Ham slice Asparagus Roll Beverages: Herbal tea, water	Roast turkey slice Light veggies Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____