

Sample

Week 2

	MONDAY, 1-26	TUESDAY, 1-27	WEDNESDAY, 1-28	THURSDAY, 1-29	FRIDAY, 1-30	SATURDAY, 1-31	SUNDAY, 2-1
B R E A K F A S T	Cream of wheat Poached eggs Toast Apple Beverages: Coffee/tea, milk , juice	Smoothie bowl Muffin Beverages: Coffee/tea, milk, juice	Pancakes Fruit topping Sausage Beverages: Coffee/tea, milk, juice	Waffles Wheat toast peanut butter & banana slices Beverages: Coffee/tea, milk, juice	Omelet bar Wheat toast Beverages: Coffee/tea, milk, juice	Scrambled eggs Muffins Yogurt with fruit Beverages: Coffee/tea, milk, juice	Sausage burrito Fresh fruit Beverages: Coffee/tea, milk, juice
L U N C H	Chicken salad with quinoa Crackers Beverages: Water, milk, tea Dessert: Angel food cake with low-fat whipped topping	Egg salad sandwich Tomato soup Fruit Roll Beverages: Water, milk Dessert: Low-sugar brownie	Veggie stir fry Rice Salad Sweet potato. Beverages: Water, tea Dessert: Low- sugar oatmeal raisin cookie	Ham & cheese melt Vegetable Soup Beverages: Water, milk Dessert: Low-sugar chocolate chip cookie	Veggie soup Deli Sandwich Beverages: Water, milk Dessert: Sugar cookie	Pizza slices Mixed green salad Beverages: Water, milk Dessert: Lemon Bar	Chicken noodle soup Side salad Beverages: Water, milk Dessert: Pecan Bar
D I N N E R	Baked salmon slice Mashed otatoes Zucchini Beverages: Water, decaf	Turkey meatloaf Sweet potato fries Side Salad Beverages: Herbal tea, water	Roast pork slice Mashed potatoes Peas. Beverages: Milk, water	Lasagna Side Salad Garlic bread Beverages: Herbal tea, water	Fried chicken Corn Coleslaw Beverages: Herbal tea, water	Meatballs in gravy Noodles Peas & Carrots Beverages: Herbal tea, water	Baked ham Sweet potatoes Green beans Beverages: Herbal tea, water

DIETITIAN SIGNATURE:
