

Week 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Meatloaf	Chicken Cesar Salad	Beef Picadillo	WGR Breaded Fish	Cheese Pizza
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	WGR Roll	WGR Roll	WGR White Rice	WGR Breading & WGR Rice	WGR Crust
FRUITS ½ cup/ day	½ c. Assorted Fruit	½ c. Applesauce	½ c. Assorted Fruit	½ c. Assorted Fruit	1 Assorted Fruit
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week		Romaine			
Red/Orange - ¾ cup/ week		Sweet Potato Fries	Tomatoes in Sauce		Tomato sauce (in pizza)
Legumes- ½ cup/ week			Split Pea Soup		
Starchy- ½ cup/ week	Mashed Potatoes			Sweet Plantains	
Other- ½ cup/ week	Mixed Vegetables				Green Beans
Other Foods		Cesar Dressing			Ranch Dressing
Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		

Week 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Chicken Fricassee	Salisbury Steak	Chicken Nuggets	Spaghetti with Tomato Sauce and Cheese	Cheese Pizza
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	Yellow Rice	WGR White Rice	WGR White Rice & WGR Breading	WGR Spaghetti & WGR Garlic Roll	WGR Crust
FRUITS ½ cup/ day	Assorted Fruit	Applesauce	Assorted Fruit	Assorted Fruit	Applesauce
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week		Broccoli			
Red/Orange - ¾ cup/ week			Sweet Potato Fries	Tomato Sauce	Tomato Sauce in Pizza
Legumes- ½ cup/ week		Red Beans			
Starchy- ½ cup/ week				Green Peas	
Other- ½ cup/ week	Mixed Veggies				Green Beans
Other Foods			Ketchup		
Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
Week 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Beef Stew	Vegetarian Lasagna	Baked Chicken	Beef Picadillo	Cheese Pizza 1 Slice
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	WGR Roll	WGR Pasta & WGR Roll	WGR Roll	Brown Rice	WGR Crust
FRUITS ½ cup/ day	Assorted Fruit	Assorted Fruit	Applesauce	Assorted Fruit	Assorted Fruit
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week	Broccoli				
Red/Orange - ¾ cup/ week				Sliced Carrots Tomatoes in Sauce	Tomato Sauce
Legumes- ½ cup/ week			Lentils Soup		
Starchy- ½ cup/ week	Mashed Potatoes				
Other- ½ cup/ week	Mixed Veggies (carrots/Bean/Peas)	Mixed Vegetables in Lasagna			Mixed Vegetables
Other Foods					

Week 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Spaghetti W/ Tomato Sauce and Cheese	Beef Tacos	Breaded Fish	Pepper Steak w/ Onions	Cheese Pizza 1 Slice
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	WGR Pasta	WGR Tortillas	WGR Roll	WGR White Rice	WGR Crust
FRUITS ½ cup/ day	Applesauce	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week		Romaine			Broccoli
Red/Orange - ¾ cup/ week	Tomato in sauce	Sweet Potato Fries			Tomato Sauce
Legumes- ½ cup/ week				Red Beans	
Starchy- ½ cup/ week	Yuca		Mashed Potatoes		Sweet Plantains
Other- ½ cup/ week			Mixed Vegetables	Onions & Peppers	
Other Foods					
Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
Week 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Vegetarian Lasagna	Turkey Sandwich Deli Meat	Chicken Teriyaki	Sloppy Joe's	Cheese Pizza 1 Slice
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	WGR Pasta (for lasagna)	WGR Roll	WGR Fried Rice	WGR Bun	WGR Crust
FRUITS ½ cup/ day	Assorted Fruit	Assorted Fruit	Assorted Fruit	Applesauce	Assorted Fruit
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week		Romaine Shredded	Broccoli		
Red/Orange - ¾ cup/ week		Tomato Slices		Tomato Sauce	Tomato Sauce (pizza)
Legumes- ½ cup/ week				Beans (in the sauce)	
Starchy- ½ cup/ week				Sliced Plantains	
Other- ½ cup/ week	Mixed Vegetables (in lasagna)				Medley of veggie
Other Foods		1 pkg. Chips, Light Mayo & Dressing			
Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		

