

AGING AND DISABILITY SERVICES DIVISION

Menu 1		Menu 2		Menu 3	
BBQ Chicken	1 svg	Baked Haddock Creole	1 svg	Baked Meat Loaf	1 svg
Sour Cream Potato Salad	1 svg	Baked Potato	1 large	Mashed Potatoes	1/2 cup
Steamed Spinach	1/2 cup	LF Sour Cream/Chives	1 oz/tsp	Steamed Spinach	1/2 cup
Carrots & Peas	1/2 cup	Garden Salad	1 svg	100% WW Bread	1 slice
Smart Balance Unsalted	1 tsp	LFLS Italian Dressing	1 Tbsp	Chantilly Fruit Cup	1 svg
7 Grain Bread	1 slice	7 Grain Bread	1 slice	1% Milk with vitamins A & D	8 oz
Honey dew	1/2 cup	Smart Balance Unsalted	1 tsp		
1% Milk with vitamins A & D	8 oz	Orange Jell-O w/ Oranges	1 svg		
		1% Milk with vitamins A & D	8 oz		
Menu 4		Menu 5		Menu 6	
Warm Apple Cider - Sugar Free	4 oz	Turkey Bean Soup	1 svg	Baked Fish Fillet	1 svg
Roast Turkey	1 svg	Tuna Stuffed Tomato	1 svg	Creamy Coleslaw	1 svg
Bread Stuffing	1 svg	Apricot Bran Muffin	1	French Baked Potatoes	1 svg
Pan Gravy	1 svg	Fresh Mandarin Orange	1 medium	Garden Salad	1 svg
Whole Kernel Corn - low sodium	1/2 cup	1% Milk with vitamins A & D	8 oz	Balsamic Vinaigrette	1 svg
Colorful Salad	1 svg			Strawberries	1 cup
Honey Mustard Dressing	1 svg			1% Milk with vitamins A & D	1 Cup
Whole Cranberry Sauce	1/4 cup				
1% Milk with vitamins A & D	8 oz				
Menu 7		Menu 8		Menu 9	
Honey Apricot Chicken	1 svg	Minestrone Soup	1 svg	Sweet Italian Sausage with Red Peppers & Onions	3 oz
Seasoned Zucchini	1 svg	Tuna Salad	1 svg	Whole Wheat Cooked Elbow Macaroni	1 cup
Baked Yam	1/2 C	Whole Wheat Pita	4"	Steamed Broccoli	1/2 cup
Spinach Salad	1 svg	1% Milk with vitamins A & D	8 oz	Mixed Greens Salad	1 svg
GFY Dressing	1 svg			LS Italian Dressing	1 Tbsp
Honeydew	1 cup			Fresh Banana	1
1% Milk with vitamins A & D	1 Cup			1% Milk with vitamins A & D	8 oz
7 Grain Bread	1 slice				
Menu 10		* Menu 11 *		Menu 12	
Baked Cod Cajun Style	1 svg	Sweet n Sour Chicken	1 svg	Seafood Chowder	1 svg
Broccoli Stuffed Potato	1 svg	Steamed Brown Rice	1 cup	Egg Salad Sandwich	1 svg
Garden Salad	1 svg	Peas and Carrots	1/2 cup	Frozen Raspberries	1/2cup
Caesar Italian Dressing	1 Tbsp	Fresh Chopped. Spinach	1 cup	FF Vanilla Yogurt	6oz
Cracked Wheat Bread	1 slice	FF Catalina Dressing	1 Tbsp	Orange Banana Juice	8 oz
Smart Balance Unsalted	1 Tbsp	Smart Balance Unsalted	1 tsp		
Fresh Orange	1 large	1% Milk with vitamins A & D	8 oz		
1% Milk with vitamins A & D	8 oz				
Menu 13		* Menu 14 *		Menu 15	
Turkey Chili	1 svg	Beef Patty on WW Bun	1each	Chicken Noodle Soup	1 svg
Cornbread	1 svg	Baked Beans	1 svg	Turkey Salad Sandwich	1 svg
Mixed Green Salad	1 svg	Sliced Tomato	2 slices	Cucumber Tomato Salad	1 svg
LSLF Italian Dressing	1 Tbsp	Lettuce Leaf	1	Fresh Navel Orange	1
Ambrosia	1 svg	FF Mayo, LS Ketchup	1 Tbsp each	1% Milk with vitamins A & D	8 oz
1% Milk with vitamins A & D	8 oz	Sliced Red Onion	2 slices		
		Cantaloupe Chunks	1 cup		
		Mixed Steamed Veggies	1/2 cup		
		1% Milk with vitamins A & D	8 oz		

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* Menu 16 *	* Menu 17 *	Menu 18
Beef Stew 1 svg	Turkey Fajita 1 svg	Salmon with Angel Hair Pasta 1 svg
Whole Wheat Noodles 1 cup	Spanish Rice 1 svg	Asparagus 4 spears
Garden Salad 1 svg	Ranch Style Beans 1 svg	Orange 1 svg
LFLS French Dressing 1 Tbsp	Chopped Spinach 3/4 cup	1% Milk with vitamins A & D 8 oz
Mixed Berry Cup 1 svg	LFLS French Dressing 1 Tbsp	
1% Milk with vitamins A & D 8 oz	Pineapple Chunks 3/4 cup	
	1% Milk with vitamins A & D 8 oz	
Menu 19	Menu 20	Menu 21
Beef Vegetable Soup 1 svg	Baked Pork Chop 1	Turkey Bean Burrito 1
Tuna Macaroni Salad 1 svg	Pureed Butternut Squash 1 svg	Corn 1/2 cup
Whole Wheat Roll 1	Layered Salad 1 svg	Mixed Green Salad 1 svg
Tropical Fruit Cup 1 svg	100% WW Bread 1 slice	French Dressing, LF, LS 1 Tbsp
1% Milk with vitamins A & D 8 oz	Baked Banana 1 svg	Mixed Fruit Cup in Juice 1 ind cup
	1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz
Menu 22	Menu 23	* Menu 24 *
Black Bean Soup 1 svg	Beef Stir Fry 1 svg	Turkey Bean Soup 1 svg
WW LS Crackers 6	Steamed Brown Rice 1 cup	P B Banana Sandwich 1 svg
Low Fat Cheese 1 oz	Beet Salad 1 svg	Chopped Spinach 1 cup
Broccoli Salad 1 svg	Mandarin Oranges 1 cup	FF Creamy Italian Dressing 1 Tbsp
Pear 1 med	1% Milk with vitamins A & D 8 oz	Cantaloupe Chunks 1 cup
1% Milk with vitamins A & D 8 oz		1% Milk with vitamins A & D 8 oz
Menu 25	Menu 26	Menu 27
WW Hamburger Bun 1	Lemon Baked Fish 1 svg	Beef Teriyaki 1 serving
Black Bean Burger 1	Parsley Bu New Pot 1 svg	Jasmine Rice (prepackaged) 1/2 cup
Tomato, Lettuce, Onion 1 slice each	Seasoned Zucchini 1 svg	Broccoli, Steamed 1/2 cup
Watermelon 1 cup	Garden Salad 1 svg	Mixed Relish Tray 1 serving
Mixed Greens Salad 1 svg	FF French Dressing 1 Tbsp	100% Whole Wheat Bread 1 slice
Creamy Italian Dressing 1 svg	WW Roll 1	Smart Balance Unsalted 1 tsp
Sour Cream Potato Salad 1 svg	Cantaloupe Chunks 1 cup	Mandarin Orange 1 each
1% Milk with vitamins A & D 1 Cup	1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 1 cup
Menu 28	Menu 29	Menu 30
Tahitian Chicken 1 svg	Shepherds Pie 1 svg	LS Tomato Soup 1 cup
Rice Casserole 3/4 cup	Fresh Spinach 1 cup	Grilled Cheese 1 svg
Braised Red Cabbage 1 svg	LS Italian Dressing 1 Tbsp	3 Bean Salad 1 svg
7 Grain Bread 1 slice	Apricot Bran Muffin 1	Sliced Peaches 1/2 Cup
Smart Balance Unsalted 1 tsp	Banana 1 medium	1% Milk with vitamins A & D 8 oz
Tangerine 1 large	1% Milk with vitamins A & D 8 oz	
1% Milk with vitamins A & D 8 oz		

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Menu 31	Menu 32	Menu 33
Sauerbraten 1 svg	Chicken Pasta Primavera 1 svg	Mexican Meat Balls 2
Baked Yam 1 med	Colorful Salad 1 svg	Brown Rice 3/4 cup
Smart Balance Spread 1 tsp	LS Italian Dressing 1 Tbsp	Seasoned Zucchini 1 svg
Layered Salad 1 svg	Garlic Bread 1 slice	Garden Salad 1 svg
Cinnamon Applesauce 1/2 cup	Citrus Delight 1 svg	LF Caesar Dressing 1 Tbsp
1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz	Corn Tortilla 1
		Fresh Papaya 1 cup
		1% Milk with vitamins A & D 8 oz
Menu 34	Menu 35	Menu 36
Sloppy Joe on WW Bun 1 svg	Black Bean Soup 1 svg	Minestrone Soup 1 svg
Baked Beans 1 svg	Chicken Salad Sandwich 1	Grilled Cheese Sandwich 1 svg
Baby Carrots 6	Cucumbers in Sour Cream 1 svg	Slice Tomato 3 slices
Fruit Cocktail in Juice 1/2 cup	Tropical Fruit Cup 1 svg	Chopped Romaine 1/2 cup
1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz	LF LS French Drsg 1 Tbsp
		Fresh Kiwi 1 cup
		1% Milk with vitamins A & D 8 oz
Menu 37	Menu 38	* Menu 39*
Chili Cheese Baked Potato 1 svg	Chicken Broccoli Rice 1 svg	Spaghetti in Meat Sauce 1 svg
Steamed Carrots 1/2 cup	Beet Salad 1 svg	Zucchini 1/2 cup
WW Banana Muffin 1 svg	Apricot Bran Muffin 1	Colorful Salad 1 svg
FF Blueberry Yogurt 6 oz	Smart Balance Unsalted 1 tsp	FF Creamy Italian Drsg 1 Tbsp
Orange Banana Juice 8 oz	Honeydew/Cantaloupe Fruit Cup (1/2 cup each) 1 cup	7 Grain Bread 1 slice
	1% Milk with vitamins A & D 8 oz	Smart Balance Unsalted 1 tsp
		Orange Mango Cup 1 svg
		1% Milk with vitamins A & D 8 oz
Menu 40	Menu 41	Menu 42
Beef Stir Fry 1 svg	Spanish Rice 1 svg	Baked Stuffed Pork Chop 1 svg
Pineapple 1 cup	Turkey Taco Salad 1 svg	Baked Yam 1
Brown Rice 2/3 cup	FF Creamy Italian Dressing 1 Tbsp	Seas. Lima Beans and Peas 1 svg
Garden Salad 1 svg	Broccoli 1/2 cup	Garden Salad 1 svg
Honey Dressing 1svg	Chantilly Fruit Cup 1 svg	LS Italian Dressing 1 Tbsp
1% Milk with vitamins A & D 1 Cup	1% Milk with vitamins A & D 8 oz	Fruit Cocktail in Juice 1/2 cup
		1% Milk with vitamins A & D 8 oz
Menu 43	* Menu 44 *	Menu 45
Clam Chowder 1 svg	Swiss Steak 1 svg	Beef Vegetable Soup 1 svg
Turkey Sandwich 1 svg	Baked Potato with 1	Mexican Corn Pie 1 svg
Baby Carrots 1/2 cup	FF Sour Cream 1 Tbsp	Mixed Greens Salad 1 svg
Spinach 1 cup	Chives 1 tsp	LS French Dressing 1 Tbsp
FF French Dressing 1 Tbsp	Herbed Vegt. Medley 1/2 cup	Fresh Orange 1 large
Fresh Fruit Cup - cantaloupe, strawberries 1 cup	WW Roll 1	1% Milk with vitamins A & D 8 oz
1% Milk with vitamins A & D 8 oz	Applesauce 1 svg	
	1% Milk with vitamins A & D 8 oz	

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Menu 46	Menu 47	Menu 48
Lasagna 1 svg	Chicken Tetrizzini 1 svg	Turkey Bean Burrito 1 svg
Chopped Spinach 1 cup	Cooked Carrots 1/2 cup	Spanish Rice 1 svg
LFLS Italian Dressing 1 Tbsp	Broccoli Salad 1 svg	Seasoned Zucchini 1 svg
Garlic Bread 2 svg	WW Dinner Roll 1	Apricot Halves 3/4 cup
Fresh Orange 1 large	Smart Balance Unsalted 1 tsp	1% Milk with vitamins A & D 8 oz
1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz	
Menu 49	Menu 50	Menu 51
Grilled Chicken Bratwurst 3 1/2 oz	Lentil Soup 1 svg	Sweet n Sour Pork 1 svg
WW Hot Dog Bun 1 svg	Tuna Salad Sandwich 1 svg	Brown Rice Pilaf 1 svg
Hot German Potato Salad 1 svg	Yellow Squash Slices 1/2 cup	Broccoli 1/2 cup
German Slaw 1 svg	Cantaloupe 1/2 cup	Colorful salad 1 svg
Spiced Applesauce 1 svg	1% Milk with vitamins A & D 8 oz	FF French Dressing 1 Tbsp
Fresh Orange Sections 1/2 cup		100% WW Bread 1 slice
1% Milk with vitamins A & D 8 oz		Smart Balance Unsalted 1 tsp
		Fresh Peach 1 med.
		1% Milk with vitamins A & D 8 oz
Menu 52	Menu 53	Menu 54
Black Bean Soup 1 svg	Potato Omelet 1 svg	Sauerbraten 1 svg
Cheese Broccoli Strata 1 svg	3 Bean Salad 1 svg	Potato Pancakes 1 svg
WW LS Crackers 6	Colorful Salad 1 svg	Beets in Orange Sauce 1 svg
Garden Salad 1 svg	LFLS French Dressing 1 Tbsp	Mixed Greens Salad 1 svg
LFLS French Dressing 1 Tbsp	Oatmeal Muffin Square 1	LF Russian Dressing 1 Tbsp
Fresh Banana 1	Strawberries 3/4 cup	Mixed Berry cup 1 svg
1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz
Menu 55	Menu 56	* Menu 57 *
Beef Tacos 2	Tuna Noodle Casserole 1 svg	Turkey Bean Soup 1 svg
Ranch Style Beans 1 svg	Herbed Vegt. Medley 1 svg	Chefs Salad 1 svg
Mexicorn 1 svg	Sliced Tomatoes 3	LF LS Italian dressing 1 Tbsp
Tropical Fruit Cup 1 svg	LSFF Italian Dressing 1 Tbsp	Hint of Salt Triscuits 6
1% Milk with vitamins A & D 8 oz	Cracked Wheat Bread 1 slice	FF Peach Yogurt 6 oz
	Oatmeal Date Bar 1	Orange Juice 8 oz
	1% Milk with vitamins A & D 8 oz	
Menu 58	Menu 59	Menu 60
Roast Turkey 1 svg	Chef's Salad 1 svg	Lemon Baked Fish 1 svg
Pan Gravy 1 svg	Lentil Soup 1 svg	Broccoli Stuffed Potato 1 svg
Yams and Apples 1 svg	Mandarin Orange 1	Steamed Carrots 1/2 cup
Corn 1/2 cup	Oatmeal Muffin Square 1	100 % WW Bread 1 slice
Colorful Salad 1 svg	1% Milk with vitamins A & D 1 Cup	Smart Balance Unsalted 1 tsp
FF Creamy Ital. Dressing 1 Tbsp		Honeydew Melon 1 cup
Oat Bran Roll 1		1% Milk with vitamins A & D 8 oz
1% Milk with vitamins A & D 8 oz		

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Menu 61	* Menu 62 *	Menu 63
Stuffed Pepper 1 svg	Macaroni and Cheese 1 svg	Baked Haddock Creole 1 svg
Spinach Spaghetti 1/2 cup	Steamed Spinach 1/2 cup	Baked Yam 1 med
Mixed Greens 1 svg	French Baked Potatoes 1 svg	Mixed Greens 1 svg
LFLS Italian Dressing 1 Tbsp	Strawberry Banana Yogurt Pop 1	LFLS French Dressing 1 Tbsp
Garlic Bread 1 svg	Orange Juice 8 oz	Cornbread 1 svg
Nectarine 1 large		Smart Balance Unsalted 1 tsp
1% Milk with vitamins A & D 8 oz		Watermelon 1 cup
		1% Milk with vitamins A & D 8 oz
Menu 64	Menu 65	Menu 66
Corn Potato Chowder 1 svg	Beef Vegetable Soup 1 svg	Chicken Cacciatore 1 svg
Turkey Sandwich 1 svg	Egg Salad on Toasted	Baked Acorn Squash 1 svg
Carrot Raisin Salad 1 svg	WW Bagel Thin 1	Mixed Greens 1 svg
Fresh Strawberries 1 cup	Tomatoes Vinaigrette 1 svg	FF Creamy Italian Drsg. 1 Tbsp
1% Milk with vitamins A & D 8 oz	Tropical Fruit Cup 1 svg	Peanut Cookies 1
	1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz
Menu 67	Menu 68	Menu 69
Cheese Broccoli Strata 1 svg	Chicken Noodle Soup 1 cup	Swiss Steak 1 svg
O'Brien Potatoes 1 svg	Egg Foo Yung 1 svg	Egg Noodles 1/2 cup
Tomatoes Vinaigrette 1 svg	Fried Rice 1 svg	Mixed Vegetables 1/2 cup
Melon (1/2 c honeydew + 1/2 c cantaloupe) 1 cup	Steamed Broccoli 1 cup	Orange Spinach Salad 1 svg
1% Milk with vitamins A & D 1 Cup	Orange 1 med	Italian Bread 1 slice
	1% Milk with vitamins A & D 8 oz	Smart Balance Unsalted 1 tsp
		Banana 1 med
		1% Milk with vitamins A & D 8 oz
Menu 70	Menu 71	* Menu 72 *
Sloppy Joe 1 svg	Potato Corn Chowder 1 svg	BBQ Chicken 1 svg
Peas and Carrots 1/2 cup	Grilled Cheese Sandwich 1 svg	Baked Acorn Squash 1 svg
Spinach Chopped 1 cup	Orange Spinach Salad 1 svg	Cucumbers in Sour Cream 1 svg
Creamy Italian Dressing 1 Tbsp	Tropical Fruit Cup 1 svg	Biscuit 1
Apple Crisp 1 svg	1% Milk with vitamins A & D 8 oz	Honey 1/2 Tbsp
1% Milk with vitamins A & D 8 oz		Chantilly Fruit cup 1 svg
		1% Milk with vitamins A & D 8 oz
Menu 73	Menu 74	Menu 75
Herb Baked Chicken 1 svg	Clam Chowder 1 svg	Turkey Bean Soup 1 svg
Mashed Sweet Potatoes 1 svg	Veggie Pita Sandwich 1 svg	Tuna Salad Sandwich 1 svg
Herbed Vegt. Medley 1 svg	Honey Dew & Cantaloupe 1 cup	Cantaloupe Chunks 1 cup
100% WW Bread 1 slice	1% Milk with vitamins A & D 8 oz	Lettuce and Tomato Salad 1 svg
Smart Balance Unsalted 1 tsp		Italian Dressing LS 1 tbsp.
Spiced Applesauce 1 svg		1% Milk with vitamins A & D 8 oz
1% Milk with vitamins A & D 8 oz		

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Menu 76	Menu 77	Menu 78
Shish Kebab 1 svg	Turkey Chili 1 svg	Herb Baked Chicken 1 svg
Brown Rice Pilaf 1 svg	Rye bread 1 slice	Aztec Grain Salad 1 svg
Colorful Salad 1 svg	Smart Balance Unsalted 1 tsp	Steamed Spinach 1/2 Cup
FF Creamy Italian Drsg 1 Tbsp	Layered Salad 1 svg	Cooked Carrots 1/2 cup
100% WW Bread 1 slice	1% Milk with vitamins A & D 8 oz	Mixed Berry Cup 1 svg
Sliced Strawberries 1 cup		1% Milk with vitamins A & D 8 oz
1% Milk with vitamins A & D 8 oz		
Menu 79	Menu 80	Menu 81
Lemon Baked Fish 1 svg	Baked salmon 1 svg	Baked Stuffed Pork Chop 1 svg
Brown Rice 1/2 cu p	Buttered New Potatoes 1 svg	Steamed Spinach 1/2 cup
Pureed Butternut Squash 1 svg	Braised Red Cabbage 1 svg	3 Bean Salad 1 svg
Bran Roll 1	Orange Spinach Salad 1 svg	Oat Bran Roll 1
Smart Balance Unsalted 1 tsp	Ginger Cookie 1	Smart Balance Unsalted 1 tsp
Mixed green salad 1 svg	1% Milk with vitamins A & D 8 oz	Pineapple Chunks 1 cup
Caesar Dressing low cal 1 tbsp.		1% Milk with vitamins A & D 8 oz
Tangerine 1 large		
1% Milk with vitamins A & D 8 oz		
Menu 82	Menu 83	Menu 84
LS Tomato Soup 1 svg	Turkey Pot Pie 1 svg	Arroz Con Pollo 1 svg
Mixed Vegt. Pasta Salad 1 svg	Mixed Greens Salad 1 svg	Steamed Spinach 1/2 cup
Pumpnickel Bread 1 slice	FF Creamy Italian Drsg. 1 Tbsp	Three Bean Salad 1 svg
Mixed Berry Cup 1 svg	7 Grain Bread 1 slice	Vanilla Yogurt Fortified with vitamins A & D 6 oz
1% Milk with vitamins A & D 8 oz	Orange Mango Cup 1 svg	Hot Fruit Compote 1 svg
	1% Milk with vitamins A & D 8 oz	
Menu 85	Menu 86	Menu 87
Seafood Chowder 1 svg	Baked Meat Loaf 1 svg	Chicken Cacciatore 1 svg
Broccoli Stuffed Potato 1 svg	Rice Casserole 1 svg	Herbed Vegetable Medley 1 svg
Seasoned Zucchini 1 svg	Tomato Slices 3	Cucumbers in Sour Cream 1 svg
Rice Krispies Treat 1 svg	LS Italian Dressing 1 tbsp.	WW Dinner Roll 1
Fresh Orange 1 large	Green Beans with Mushrooms 1 svg	Smart Balance Unsalted 1 tsp
1% Milk with vitamins A & D 8 oz	7 Grain Bread 1 slice	Citrus Delight 1 svg
	Strawberries 1/2 cup	1% Milk with vitamins A & D 8 oz
	1% Milk with vitamins A & D 8 oz	
Menu 88	Menu 89	Menu 90
Turkey Bean Soup 1 svg	Baked Pork Chop 1 svg	Lentil Soup 1 svg
WW Roll 1	Braised Red Cabbage 1 svg	Tuna Salad Sandwich on 1 svg
Smart Balance Unsalted 1 tsp	Sour Cream Potato Salad 1 svg	Sandwich Thin
Spanish Omelet 1 svg	7 Grain Bread 1 slice	Carrots, Cooked 1/2 cup
Steamed Broccoli 1/2 cup	Orange Marmalade 1 Tbsp	Spiced Applesauce 1 svg
Angel Food Cake 1 svg	Cantaloupe Chunks 1 cup	1% Milk with vitamins A & D 8 oz
1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz	

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Menu 91	Menu 92	Menu 93
Minestrone Soup 1 svg	Roma Burger 1	Flounder in Cilantro Sauce 1 svg
Chicken Salad Sandwich 1	Romaine Lettuce 2 leaves	Spanish Rice 1 svg
Baby Carrots 1/2 cup	Ketchup 1 Tbsp	Black Beans 1/2 cup
Celery Sticks 4	FF Mayo 1 Tbsp	Mixed Greens Salad 1 svg
Banana 1 med	Corn on Cob 1 med	Unsalted French Dressing 1 Tbsp
1% Milk with vitamins A & D 8 oz	Baked Beans 1 svg	Mango Orange Cup 1 svg
	Cantaloupe 3/4 cup	1% Milk with vitamins A & D 8 oz
	1% Milk with vitamins A & D 8 oz	
Menu 94	Menu 95	Menu 96
Chicken Noodle Soup 1 svg	Chicken Teriyaki 1 svg	Beef Tacos with Thick & Chunky Salsa 2 Tacos
Waldorf & Cheddar Salad 1 svg	Fried Rice 1 svg	Guacamole 1/4 cup
LS WW Crackers 6	Layered Salad 1 svg	Broccoli & Cauliflower 1 cup
FF Vanilla Yogurt fortified with vitamins A & D 6 oz	Fresh Orange 1 large	Mexican Corn Sauté 1/2 Cup
FZ Raspberries 1/2 cup	1% Milk with vitamins A & D 8 oz	Apricot, fresh 1
Orange Juice 8 oz		1% Milk with vitamins A & D 1 Cup
Menu 97	Menu 98	Menu 99
Chicken Cacciatore 1 svg	Summer Squash 3/4 cup	Tomato Soup 1 svg
Peas and Carrots 3/4 cup	Garden Salad 1 svg	Spinach Quiche 1 svg
Lettuce & Tomato Salad 1 svg	Banana 1 med	Colorful Salad 1 svg
LS Italian Dressing 1 Tbsp	FF Creamy Ital. Drsg 1 Tbsp	LFLS French Dressing 1 Tbsp
Pear Halves 1/2 cup	Dixieland Shortcake 1 svg	WW Pita 4"
Garlic Bread 1 svg	1% Milk with vitamins A & D 8 oz	Hummus 2 Tbsp
1% Milk with vitamins A & D 8 oz		Sliced Peaches 1/2 cup
		1% Milk with vitamins A & D 8 oz
Menu 100	Menu 101	Menu 102
Split Pea Soup 1 svg	Baked Yogurt Chicken 1 serv	Chicken & Dumplings 1 serv
Turkey Sandwich 1 svg	Citrus Couscous Salad 1 serv	Green Peas 1/2 cup
Cucumbers in Sour Cream 1 svg	Spinach Chopped 1 cup	Carrot & Raisin Salad 1 serv
Fresh Orange 1 large	Broccoli 1/2 cup	WW LS Crackers 6
1% Milk with vitamins A & D 8 oz	Italian Dressing 1 tbsp.	Grapefruit Sections 1/2 cup
	WW Roll 1	1% Milk with vitamins A & D 8 oz
	Smart Balance Unsalted 1 tsp	
	Peaches 1/2 cup	
	1% Milk with vitamins A & D 8 oz	
* Menu 103 *	Menu 104	* Menu 105 *
Chicken in Orange Sauce 1 serv	Roast Beef 1 serv	BBQ Pork Ribs 1 serv
Mashed Potatoes 1/2 cup	Red Potatoes 6 oz	Scalloped Potatoes 1 serv
Mixed Vegetables 1/2 cup	Mixed Vegetables 3/4 cup	Mustard Greens 4 oz
Garden Salad 1 serv	Garden Salad 1 serv	Whole Wheat Bread 1
LS French Dressing 1 tbsp.	Salad Dressing 1 Tbsp	Spiced Applesauce 1 svg
7 Grain Bread 1 Piece	Mandarin Orange 1 med	1% Milk with vitamins A & D 8 oz
Smart Balance Unsalted 1 tsp	Gingerbread 1 serv	
Peach Yogurt 6 oz	1% Milk with vitamins A & D 8 oz	
Peaches 1/2 cup		

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* Menu 106 *	* Menu 107 *	Menu 108
LS Tomato Soup 1 cup	Creamed Beef 5.5 ounces	Beef Stroganoff & Noodles 1 serv
Holiday Sub 1	Herbed Vegetable Medley 4 ounces	Baked Acorn Squash 1 serv
Baby Carrots 1/2 cup	Baked Potato 1	Orange Spinach Salad 1 serv
Apricot Halves 1/2 cup	Whole Wheat Bun 1	Plums 1 serv
1% Milk with vitamins A & D 8 oz	Pineapple 1 cup	1% Milk with vitamins A & D 8 oz
1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 1 cup	
Menu 109	Menu 110	Menu 111
Oven Fried Chicken 1 serv	Baked Pork Chop 1 serv	Chicken in Orange Sauce 1 Serving
Baked Butternut Squash 1/2 cup	Mashed Sweet Potatoes 1 serv	Brown Rice Pilaf 1 svg
Steamed Peas & Carrots 1/2 cup	Steamed Green Beans 1/2 cup	Red Wine Vinaigrette Dressing 1 Serving
Garden Salad 1 serv	Mixed Green Salad 1 serv	Spring Salad 1 Serving
Honey Dressing 1 serv	LF French Dressing 1 serv	Savory Style Beans 1 Serving
Orange Mango Cup 1 tbsp.	WW Roll 1	Pineapple Poppy Seed Salad 1 Serving
Cracked Wheat Bread 1 Tbsp	Smart Balance Unsalted 1 tsp	1% Milk with vitamins A & D 1 Cup
Smart Balance Unsalted 1 tsp	Banana 1 med	
1% Milk with vitamins A & D	1% Milk with vitamins A & D 8 oz	
Menu 112	Menu 113	Menu 114
Baked Fish Scandia 1 Serving	Swiss Steak with Tomato Sauce 1 Serving	Cream of Broccoli Soup 1 serv
Brown Rice 1/2 cup	Whole Wheat Roll 1 svg	Lemon Baked Fish 1 serv
Whole Wheat Roll 1 Serving	Broccoli, chopped 1/2 Cup	Steamed Brown Rice 1/2 cup
Colorful Salad 1 Serving	Spring Salad 1 Serving	Cauliflower, Carrots, Snow Peas 1/2 cup
Garlic French Dressing 1 Serving	Garlic French Dressing 1 Serving	Colorful Salad 1 serv
Vegetables, Mixed 1/2 Cup	Three Bean Salad 1 Serving	Lite Balsamic Vinaigrette Dressing 1 Tbsp
Tropical Fruit Cup 1 svg	Cantaloupe 1 cup	Royal Brownie 1
1% Milk with vitamins A & D 1 Cup	1% Milk with vitamins A & D 1 Cup	1% Milk with vitamins A & D 8 oz
Menu 115	Menu 116	Menu 117
Steak Strips Smothered in Onions 1 Serving	Honey Lemon Chicken 1 Serving	Mambo Pork Roast 1 Serving
Butternut Squash, roasted 3/4 cup	Garlic and Red Pepper Penne 1 Serving	Corn muffins 1 Serving
Dinner Roll 1 Serving	Cracked Wheat Bread 1 slice	Broccoli 1/2 Cup
Snap Beans, Green 1/2 Cup	Brussels Sprouts 1/2 Cup	Tossed Salad 1 Serving
Mixed Green Salad 1 Serving	Garden Salad 1 Serving	Garlic French Dressing 1 Serving
New Italian dressing 1 Serving	Creamy Italian Dressing 1 Serving	Cantaloupe 1 cup
Pears 1/2 Cup	Peaches 1/2 cup	1% Milk with vitamins A & D 1 Cup
1% Milk with vitamins A & D 1 Cup	1% Milk with vitamins A & D 1 Cup	
* Menu 118 *	Menu 119	
Caribbean Chicken 1 Serving	Baked Cod Cajun Style 1 serv	
Aztec Rice 1 Serving	LSLF Cream Style Corn 1/2 cup	
Orange Spinach Salad 1 Serving	Parsley Buttered New Potatoes 1 serv	
Bean Combo 1 svg	Chopped Fresh Spinach 3/4 cup	
Baked Apples w/ Raisin Nut Filling 1 Serving	Honey Dressing 1 Tbsp	
1% Milk with vitamins A & D 1 Cup	7 Grain Bread 1 slice	
	Smart Balance Unsalted 1 tsp	
	Tropical Fruit Cup 1 svg	
	1% Milk with vitamins A & D 8 oz	

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* Menu 120 *	Menu 121	Menu 122
BBQ Beef Sandwich 1 serv	Roast Beef Au Jus 1 serv	Pork Chow Mein 1 serv
Corn on the Cob 1 serv	Potato Pancakes 1 serv	Chopped Spinach 1 cup
Steamed Spinach 1/2 cup	Steamed Chopped Broccoli 1/2 cup	Balsamic Vinaigrette Dressing 1 Tbsp
Creamy Coleslaw 1 serv	Oat Bran Roll (pre-made) 1	100% Wheat Bread 1 slice
Citrus Delight 1 svg	Smart Balance Unsalted 1 tsp	Smart Balance Unsalted 1 tsp
1% Milk with vitamins A & D 8 oz	Mandarin Oranges in Juice 1/2 cup	Sliced Pineapple 2
	1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz
* Menu 123 *	Menu 124	* Menu 125 *
Baked Chicken Tenders 3	Italian Rice and Beef 1 Serving	Egg Drop Soup 1 serving
French Baked Potatoes 1 serving	Tossed Salad 1 Serving	Chicken Egg Roll 1
Mixed Greens Salad 1 serving	Red Wine Vinaigrette Dressing 1 Serving	Sweet n Sour Sauce (regular, canned or bottled) low sodium 2 Tbsp
Honey Dressing 1 svg	Carrots 1/2 Cup	Fried Rice 1 serving
Carrot and Raisin Salad 1 serving	Spiced Applesauce 1 svg	Steamed Broccoli Spears 3
Cracked Wheat Bread 1 slice	Dinner Roll 1 Serving	Fresh Mango Cubes 1/2 cup
Smart Balance Unsalted 1 tsp	1% Milk with vitamins A & D 1 Cup	1% Milk with vitamins A & D 8 oz
Baked Banana 1 serving		
1% Milk with vitamins A & D 8 oz		
Menu 126	* Menu 127 *	* Menu 128 *
Chicken Parmesan 1 serv	Turkey Bean Soup 1 serving	Chicken Noodle Soup 1 Serving
California Blend Vegetables 1/2 cup	BLT Sandwich 1	French Bread Pizza 1 Serving
Orange Spinach Salad 1 serv	Orange Spinach Salad 1 serving	Colorful Salad 1 Serving
Toasted Bread Stick 1	Canned Pears Halves 2	Yogurt Pop 1 serving
Fruit Cocktail/light Syrup 1/2 cup	1% Milk with vitamins A & D 8 oz	Orange Juice 8 oz
1% Milk with vitamins A & D 8 oz		
Menu 129	Menu 130	Menu 131
Stuffed Cabbage 1 serving	Deviled Pork Chop 1 serving	Taco Casserole 1 serving
Steamed Carrots 3/4 cups	Baked Potato 1 serving	Spanish Rice 1 serving
WW Bread 1 slice	FF Sour Cream 1 Tbsp	Seasoned Zucchini 1 serving
Apple Crisp 1 serving	Chives 1 Tsp	Cantaloupe 1/2 cup
1% Milk with vitamins A & D 8 oz	Steamed Brussels Sprouts 1/2 cup	1% Milk with vitamins A & D 8 oz
	Colorful Salad 1 serving	
	LF LS French Dressing 1 Tbsp	
	Angel Food Cake 1 serving	
	1% Milk with vitamins A & D 8 oz	
Menu 132	Menu 133	Menu 134
Baked Tandouri Chicken 1 Serving	Pork Chops with Apple Rings 1 Serving	Baked Yogurt Chicken 1 Serving
New Buttered potatoes 1 Serving	Brown Rice Pilaf 1 Serving	Potatoes and Herbs 1 Serving
Carrots 1/2 Cup	Dinner Roll 1 Serving	Tossed Salad 1 Serving
Tossed Salad 1 Serving	Garden Salad 1 Serving	Creamy Italian Dressing 1 Serving
Red Wine Vinaigrette Dressing 1 Serving	Tangy Yogurt Salad Dressing 1 Serving	Bean Combo 1 Serving
Apple Crisp 1 Serving	Squash, Zucchini, slices 1/2 Cup	Peaches, Sliced 1/2 Cup
1% Milk with vitamins A & D 1 Cup	Mandarin oranges 1/2 Cup	1% Milk with vitamins A & D 1 Cup
	1% Milk with vitamins A & D 1 Cup	

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* Menu 135 *	Menu 136	Menu 137
Pepper Steak 1 serving	Grilled Hamburger 1	Pepper Steak 1 serving
Brown Rice Pilaf 1 serving	Mixed Grain Bun 1	Mashed Sweet Potatoes 1 serving
Layered Salad 1 serving	LS Catsup 1 Tbsp	Green Beans and Mushrooms 1 svg
Bran Roll 1	FF Mayonnaise 1 Tbsp	Garbanzo Salad 1svg
Smart Balance Unsalted 1 tsp	Lettuce & Tomato Salad 1 serving	Oatmeal Muffin 1 svg
Mixed Berry Cup 1 serving	Baked Beans 1 serving	1% Milk with vitamins A & D 8 oz
1% Milk with vitamins A & D 8 oz	Grapefruit & Orange Sections 1 cup	
	1% Milk with vitamins A & D 8 oz	
* Menu 138 *	Menu 139	Menu 140
Spinach Lasagna 1 svg	Mulligatawny Soup 1 svg	Tomato Soup (canned, low sodium, prepare w/ water) 1 cup
Steamed Cauliflower 1/2 cup	Rye Crispbread Crackers 2	Lemon Baked Fish 1 svg
Garden Salad 1 svg	Shish Kebab 1 svg	Steamed Peas & Carrots 1/2 cup
Honey Dressing 1 svg	Steamed Brown Rice 1/2 cup	1 slice/ 1 Tbsp
WW Roll 1	Apricot 1 med	Honey Wheatberry Bread/Jam 1 Tbsp
Strawberry Banana Yogurt 6 oz	1% Milk with vitamins A & D 8 oz	Crisp Ginger Cookies 1 svg
Strawberries 1/2 cup		Spiced Applesauce 1 svg
Unsweetened Iced Tea 8 oz		1% Milk with vitamins A & D 8 oz
Menu 141	Menu 142	Menu 143
Roast Beef Au Jus 1 svg	Chicken Gumbo 1 svg	Burger Stew 1 svg
Steamed Brown Rice 1/2 cup	Red Beans & Rice 1 svg	Brown Rice 1/2 cup
Steamed Green Beans 1/2 cup	Colorful Salad 1 svg	Steamed Broccoli 3 spears
Sliced Tomatoes 3 slices	Honey Dressing 1 svg	Cornbread 1 svg
Apricot Bran Muffin 1 svg	Chantilly Fruit Cup 1 svg	Tropical Fruit Cup 1 svg
Smart Balance Unsalted 1 tsp	1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz
Cantaloupe 1/2 cup		
1% Milk with vitamins A & D 8 oz		
Menu 144	Menu 145	* Menu 146 *
Un-Fried Catfish 1 svg	Beef Nacho Casserole 1 svg	Chicken Pasta 1 svg
Parsley Buttered Potatoes 1 svg	Spanish Rice 1 svg	Herbed Vegetable Medley 1 cup
Steamed Green Beans 1/2 cup	Frijoles Charros 1 svg	Chopped Fresh Spinach 1 svg
Creamy Coleslaw 1 svg	Orange Spinach Salad 1 svg	Honey Dressing 1 svg
Apricot Crisp 1 svg	Fresh Plum 1	WW Roll 1
1% Milk with vitamins A & D 8 oz	1% Milk with vitamins A & D 8 oz	Spiced Applesauce 1 svg
		1% Milk with vitamins A & D 8 oz
* Menu 147 *	Menu 148	Menu 149
Santa Fe Chicken 1 Serving	Thin and Crispy Pizza 1 Serving	Roast Pork Tenderloin 1 Serving
Aztec Grain Salad 1 Serving	Chef's salad 1 Serving	Potato Salad 1 Serving
Mixed Vegetables 1/2 Cup	GFY dressing 1 Serving	Honey Dijon Vegetables 1 Serving
Tossed Salad 1 Serving	Broccoli 1/2 cup	Spring Salad 1 Serving
Garlic French Dressing 1 Serving	Mixed Berry Cup 1 svg	Tangy Yogurt Salad Dressing 1 Serving
Mandarin Oranges 1/2 Cup	1% Milk with vitamins A & D 1 Cup	Tropical Fruit Cup 1 Serving
1% Milk with vitamins A & D 1 Cup		Simmered Beans w/ Bacon 1 Serving
		1% Milk with vitamins A & D 1 Cup

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Menu 150		Menu 151		* Menu 152 *	
Southwest BBQ Chicken Burger	1 svg	Apple Topped Pork Chops	1 svg	Italian Beef Bake	1 serving
Baked Beans	1 svg	Baked Sweet Potato	1	Peas & Carrots	1/2 cup
Carrot Sticks	4	Lettuce & Tomato Salad	1 svg	Spinach Salad	1 svg
Pineapple Chunks	1/2 cup	LFLS French Dressing	1 svg	FF Frozen Van. Strawberry Yogurt	1 scoop
1% Milk with vitamins A & D	8 oz	Cracked Wheat Bread	1 slice		
		Smart Balance Unsalted	1 tsp		
		Mandarin Oranges in Juice	1/2 cup		
		1% Milk with vitamins A & D	8 oz		
Menu 153		Menu 154		Menu 155	
Cheeseburger Skillet	1 svg	Arroz con Pollo	1 svg	Sloppy Joe/w Bun	1 cup
Tossed Salad	1 svg	Mixed Vegetables	1/2 cup	3 Bean Salad	1 svg
Balsamic Vinaigrette	1 svg	Spinach Salad	1 svg	Cooked Carrots	1/2 cup
WW Dinner Roll	1	Mixed Berry Cup	1 svg	Baked Bananas	1 svg
Fruit Cocktail (canned in ex. light syrup or natural juices)	1/2 cup	7 Grain Bread	1 slice	1% Milk with vitamins A & D	8 oz
Unsweetened Iced Tea	8 oz	1% Milk with vitamins A & D	8 oz		
* Menu 156 *		Menu 157		Menu 158	
BBQ Chicken	1 svg	Beef Pot Roast	1 Serving	Baked Fish Scandia	1 Serving
Roasted Vegetables	1 svg	Potatoes and Herbs	1 Serving	7 Grain Bread	1 slice
Broccoli Salad	1 svg	Carrots	1/2 Cup	Aztec Rice	1 Serving
Cracked Wheat Bread	1 slice	Garden Salad	1 Serving	Squash, Zucchini slices	1/2 Cup
Smart Balance Unsalted	1 tsp	GFY Creamy Salad Dressing	1 Serving	Tossed Salad	1 Serving
Strawberries	3/4 cup	Cantaloupe	1 cup	GFY Creamy Salad Dressing	1 Serving
1% Milk with vitamins A & D	8 oz	1% Milk with vitamins A & D	1 Cup	Applesauce	1/2 Cup
				1% Milk with vitamins A & D	1 Cup
Menu 159		Menu 160		Menu 161	
Pork Chops w/ Mushroom Gravy	1 Serving	Meat Loaf II	1 Serving	Lemon Baked Fish II	1 Serving
Baked Potato, medium, 2.25" to 3.25"	1	Citrus Couscous Salad	1 Serving	Cracked Wheat Bread	1 slice
Carrots	1/2 cup	Brussels Sprouts	1/2 Cup	Peas, Green	1/2 Cup
Tossed Salad	1 Serving	Garden Salad	1 Serving	Rice, Brown Long Grain	1/2 Cup
Tangy Yogurt Salad Dressing	1 Serving	New Italian Dressing	1 Serving	Creamy Italian Dressing	1 Serving
Mixed Berry Cup	1 svg	Fruit Cocktail, w/ juice	1/2 Cup	Tossed Salad	1 Serving
Sour Cream, light	2 TBS	1% Milk with vitamins A & D	1 Cup	Grapes	1/2 cup
1% Milk with vitamins A & D	1 Cup			1% Milk with vitamins A & D	1 Cup
* Menu 163 *		Menu 164			
Cranberry Glazed Chicken Breast	1 Serving	Beef Enchiladas	1 serving		
Aztec Grain Salad	1 Serving	Colorful Salad	1 serving		
Spring Salad	1 Serving	Garlic French Dressing	1 serving		
Green Beans	1/2 Cup	Fruit Cocktail	1/2 cup		
Honey Mustard Dressing	1 Serving	1% Milk with vitamins A & D	1 cup		
Mandarin Oranges	1/2 Cup	zucchini & tomato salad	1 svg		
1% Milk with vitamins A & D	1 Cup				

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* Menu 165 *		Menu 166		Menu 167	
Herb Baked Chicken	1 Serving	Seasoned Chicken Nuggets	1 serving	Hot Turkey Sandwich	1 serving
Green Beans	1/2 Cup	Green Beans with Mushrooms	1 serving	Peas and Carrots	1/2 cup
Corn Muffins	1 Serving	Mashed Sweet Potatoes	1 serving	Tomatoes Vinaigrette	1 serving
Baked Potato, small	1	Tossed Salad	1 serving	Oatmeal Raisin Cookies	1 serving
Creamy Coleslaw	1 Serving	FF Creamy Italian Dressing	1 Tbsp	Fresh Orange Sections	3/4 cup
Pears, sliced	1/2 Cup	Mixed Berry Cup	1 serving	1% Milk with vitamins A & D	1 cup
1% Milk with vitamins A & D	1 Cup	1% Milk with vitamins A & D	1 cup		
Menu 168		Menu 169		Menu 170	
Fish Tacos	1 serving	Southwest Penne and Chicken	1 serving	Chicken Noodle Casserole	1 serving
Frijoles Charros	1 serving	Zucchini Salad	1 serving	Zucchini and Tomatoes	1 serving
Honeydew Melon	1 wedge	Garlic Bread	1 serving	Cornbread	1 serving
Cantaloupe Melon	1 wedge	Citrus Delight	1 serving	Smart Balance Unsalted	1 tsp
1% Milk with vitamins A & D	1 cup	1% Milk with vitamins A & D	1 cup	Fresh Plum	1
Corn, low sodium	1/2 cup			1% Milk with vitamins A & D	1 cup
Menu 171		* Menu 172 *		Menu 173	
Beef Barley Soup	1 serving	Fried Rice with Almonds	1 serving	Delicious Beef Brisket	1 serving
Bean Chalupa	1	Mini Chicken Egg Roll	1	Baked Potato	1 small
WW LS Crackers	6	Orange Spinach Salad	1 serving	Smart Balance Unsalted	1 tsp
Orange Spinach Salad	1 svg	Cranberry Apple Dessert	1 serving	FF Sour Cream	1 tsp
1% Milk with vitamins A & D	1 cup	1% Milk with vitamins A & D	1 cup	Dried Chives	1 tsp
Vanilla Frozen Yogurt	1/2 cup			Black-Eyed Peas	1/2 cup
				Citrus Delight	1 serving
				1% Milk with vitamins A & D	1 cup
Menu 174		Menu 175		Menu 176	
Italian Fried Chicken	1 serving	Sweet and Sour Spareribs	1 Serving	Roast Beef	1 Serving
WW LS Crackers	6	Rice, Brown	2/3 cup	Whole Wheat Roll	1 Serving
Fresh Orange Sections	3/4 cup	Carrots & Peas	1/2 Cup	Mashed Sweet Potatoes	1 Serving
Spaghetti	1 serving	Tossed Calico Vegetable Salad	1 Serving	Tossed Calico Vegetable Salad	1 Serving
Garden Salad	1 serving	Honey Mustard Dressing	1 Serving	Honey Mustard Dressing	1 Serving
FF LS Italian Dressing	1 Tbsp	Apricot Halves	1/2 Cup	Pineapple, chunks w/juice	1 Serving
1% Milk with vitamins A & D	1 cup	1% Milk with vitamins A & D	1 Cup	1% Milk with vitamins A & D	1 Cup

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* Menu 177 *		Menu 178		Menu 179	
Tuna Fish Casserole	1 serving	Meat and Potato Tacos	1 serving	Herb Crusted Pork Chops	1 serving
Colorful Salad	1 serving	Steamed Brown Rice	1/2 cup	Baked Yam	4 oz
FF LS French Dressing	1 Tbsp	Calabacitas	1 serving	Green Beans	1/2 cup
Mango Cubes	1/2 cup	Apricot Halves	1/2 cup	Pear Halves in Juice	1
WW Bread	1 slice	1% Milk with vitamins A & D	1 cup	WW Dinner Roll	1
Smart Balance Unsalted	1 tsp			Smart Balance Unsalted	1 tsp
1% Milk with vitamins A & D	1 cup			1% Milk with vitamins A & D	1 cup
Menu 180		Menu 181		Menu 182	
Italian Turkey Burger	1 serving	Cream of Potato Soup	1 serving	Pesto Chicken Florentine with Penne	1 serving
Butternut Squash Cubed Roasted	1/2 cup	Baked Cod Cajun Style	1 serving	Tossed Salad	1 serving
Peas and Carrots	1/2 cup	Mixed Vegetables	1/2 cup	Creamy Italian Dressing	1 svg
Honeydew Melon	1 wedge	Creamed Corn Muffins	1 serving	Fresh Strawberries	1 cup
1% Milk with vitamins A & D	1 cup	Fruit Cocktail, in Juice	1/2 cup	7 Grain Bread	1 slice
Colorful Salad	1 svg	1% Milk with vitamins A & D	1 cup	Smart Balance Unsalted	1 tsp
Honey Dressing	1 svg			1% Milk with vitamins A & D	1 cup
* Menu 183 *		Menu 184		Menu 185	
Honey Apricot Chicken	1 serving	Chicken Parmesan	1 serving	Cajun Roast Beef Tenderloin	1 Serving
Wild and Long Grain Rice	1 cup	Tossed Salad	1 serving	Potatoes and Herbs	1 Serving
California Blend Vegetables	1 serving	SF Italian Dressing	1 Tbsp	7 Grain Bread	1 slice
WW Bread	1 slice	Pineapple Chunks	1/2 cup	Garden Salad	1 Serving
Smart Balance Unsalted	1 tsp	1% Milk with vitamins A & D	1 cup	GFY Creamy Salad Dressing	1 Serving
Fresh Orange Sections	4	Green Beans	1/2 cup	California Blend Vegetables	1/2 Cup
1% Milk with vitamins A & D	1 cup			Mixed Berry Cup	1 svg
				1% Milk with vitamins A & D	1 Cup

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Breakfast Menus		
Menu 186	Menu 187	Menu 188
Cantaloupe Cubes 1 cup Pancakes, Whole Wheat, prep f/incomplete dry mix ⁶ 2 each, 4" Syrup, Pancake ⁵ 2 Tbsp Scrambled Eggs with Spinach 1/2 cup 1% Milk with vitamins A & D 8 oz 100% Vegetable Juice, low sodium 1/2 cup	Orange Sections 1 cup Spanish Omelet 1 serving English Muffin, whole wheat, toasted 1 each Smart Balance Unsalted 2 tsp 1% Milk with vitamins A & D 8 oz	Peaches, canned, w/light syrup, slices 1 cup Egg Substitute, fzn ² 3/4 cup Biscuit, original, refrig dough ³ 1 each Sautéed Spinach 1/2 cup 1% Milk with vitamins A & D 8 oz Banana 1 each
Menu 189	Menu 190	Menu 191
Apricots, halves, w/skin and juice, canned 1/2 cup Egg and Sausage Bake 1 serving Cereal, hot, oatmeal, plain, enriched, cooked w/water, no salt 1 cup 1% Milk with vitamins A & D 8 oz Raisins 2 Tbsp 100% Vegetable Juice, low sodium 1/2 Cup Brown Sugar 2 tsp	Watermelon 1 cup French Toast 2 servings Bacon, cured, reduced sodium, cooked 2 slices Syrup, pancake ⁵ 2 Tbsp 1% Milk with vitamins A & D 8 oz 100% Vegetable Juice, low sodium 1/2 cup	Applesauce, USDA, sweetened, canned, with vit C 1 cup Potato Omelet 1 serving English Muffin, Cinnamon Raisin 1 each Smart Balance Unsalted 2 tsp 1% Milk with vitamins A & D 8 oz
Menu 192	* Menu 193 *	Menu 194
Prunes, canned w/heavy syrup 1 cup Strawberries, Fresh 1 Cup Grits, corn, white, quick, enriched, cooked w/water, no salt 1 cup Smart Balance Unsalted 2 tsp Bread, whole wheat, toasted 1 slice Peanut butter 1 Tbsp Sautéed Spinach 1/2 cup 1% Milk with vitamins A & D 8 oz	Banana 1 each Eggs, whole, raw, large ⁷ 1 each Hash Browns, country style, shredded, fzn ⁸ 1 cup Bagel, whole wheat 100%, small 1 each Cream Cheese, fat free 1 Tbsp Jelly, strawberry 1 Tbsp 100% Vegetable Juice, low sodium 1 Cup 1% Milk with vitamins A & D 8 oz	Spanish Omelet 1 svg Onion roasted potatoes 1 svg Steamed Mix Vegetable 1/2 cup Oat Bran Roll 1 Apple crisp 1 svg 1% Milk with vitamins A & D 8 oz
Menu 195	Menu 196	Menu 197
Potato Omelet 1 svg Mixed Vegetables 3/4 cup Toasted WW Bagel 1/2 small Fresh Orange Sections 1 cup 1% Milk with vitamins A & D 8 oz	Spanish Omelet 1 serving Oatmeal 1/2 cup Mixed Grain Bread 1 slice LS Creamy Peanut Butter 1 tbsps. Orange 1 med 1% Milk with vitamins A & D 8 oz	Nutri Grain, Bran Waffles (frozen, pre-made) 2 Sliced Frozen Strawberries 3/4 cup Scrambled Eggs 2 Orange Banana Juice 8 oz Vanilla LF yogurt 6 oz
* Menu 198 *	Menu 199	* Menu 200 *
Scrambled Eggs 1 Serving Banana Whole Wheat Muffins 1 Serving Peaches, sliced 1/2 Cup Orange Juice 1/2 Cup Vanilla fat free Yogurt 6 oz Muesli 1/4 cup	Cheese Omelet 1 Serving Roasted Sweet Potatoes 1/2 cup Applesauce Blueberry Muffins 1 Serving Mixed Berry Cup 1 Serving Yogurt, Greek, plain, non-fat 6 oz 100% Orange Juice 1/2 Cup	Fruity Breakfast Parfait 1 Serving Plain Omelet 1 Serving Bacon 1 Slice Hash Browns 1 Side 100% Orange Juice 1/2 Cup 1% Milk with vitamins A & D 1 Cup

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⁴ Gravy should be purchased already made or prepared with very little fat and skim milk

⁵ Use any pancake syrup that has no butter added

⁶ Use a whole wheat or buckwheat pancake dry mix that is incomplete and prepare using skim milk

⁷ Fry egg in very little oil

⁸ Heat hash browns in oven or in skillet using nonstick spray

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Diabetic Menu 11 (68 gm. Carb)		Diabetic Menu 14 (59 gm. Carb)		Diabetic Menu 16 (70 gm. Carb)	
Baked Chicken Breast	1 Serving	Beef Patty on WW Bun	1 Serving	Beef Stew	
Steamed Brown Rice	1/2 cup	Slice Tomato & Lettuce Leaf LS		Buttermilk Biscuit	1
Peas & Carrots	1/2 cup	Sugar free ketchup/FF Mayo		Green Salad	
Spinach Salad		Sliced Red Onion		Mandarin Oranges	1/2 cup
New Italian Dressing	1 svg	Roasted Vegetables	1 svg	1% Milk with vitamins A & D	8 oz
Oatmeal Date Bar	1 Serving	Cantaloupe Chunks	1 cup		
1% Milk with vitamins A & D	8 oz	1% Milk with vitamins A & D	8 oz		
Diabetic Menu 17		Diabetic Menu 24		Diabetic Menu 39 (66 gm. Carb)	
Turkey Fajita	1 svg	Turkey Bean Soup	1 svg	1/2 Spaghetti in Meat Sauce	
Brown rice	1/2 cup	WW Roll	1	Colorful Salad/ FF Creamy Italian Drsg	
Broccoli	1/2 cup	Peanut Butter	2 Tbsp	7 Grain Bread	1 serving
Chopped Spinach	3/4 cup	Chopped Spinach	1 cup	Smart Balance Unsalted	
LFLS French Dressing	1 Tbsp	FF Creamy Italian Dressing	1 Tbsp	Sugar Free Strawberry Yogurt	4 oz
Pineapple Chunks	3/4 cup	Cantaloupe Chunks	1 cup	Tea, Coffee or Water	
1% Milk with vitamins A & D	8 oz	1% Milk with vitamins A & D	8 oz		
Diabetic Menu 44 (70 gm. Carb)		Diabetic Menu 57		Diabetic Menu 62	
Grilled Minute Steak (no gravy)		Turkey Bean Soup	1 svg	Macaroni and Cheese	1 svg
Small Baked Potato with 1 Tbsp of Colby Jack & FF Sour Cream/ Chives	1/2 serving	Chefs Salad	1 svg	Steamed Spinach	1/2 cup
Steamed Broccoli or Tossed Salad		LF LS Italian dressing	1 Tbsp	Broccoli	1/2 cup
WW Bread	1 svg	Hint of Salt Triscuits	6	Mixed Berry Cup	1 svg
Smart Balance Unsalted	1 tsp	Peach Slices	1/2 cup	1% Milk with vitamins A & D	8 oz
Spiced Applesauce	1 svg	1% Milk with vitamins A & D	8 oz		
1% Milk with vitamins A & D	8 oz				
Diabetic Menu 72 (66 gm. Carb)		Diabetic Menu 103 (55 gm. Carb)		Diabetic Menu 105 (65 gm. Carb)	
BBQ Chicken		Chicken in Orange Sauce		Braised Pork Ribs (sugar free sauce)	
Cucumbers in Sour Cream		Mashed Potatoes (no gravy)		Mashed Potatoes	1/2 cup
Green Salad	1 svg	Mixed Vegetables	1/2 cup	Mustard Greens	
Sugar Free Strawberry Gelatin		Peaches in juice, no sugar added	1/2 cup	WW Bread	1 serving
1% Milk with vitamins A & D	8 oz	Plain Yogurt, low fat	6 oz	Spiced Applesauce	1 svg
		Garden Salad	1 svg	1% Milk with vitamins A & D	8 oz
		French, LF, unsalted dressing	1 Tbsp		

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Diabetic Menu 106		Diabetic Menu 107		Diabetic Menu 118	
LS Tomato Soup	1 cup	Creamed Beef	5.5 ounces	Caribbean Chicken	1 Serving
Grilled cheese	1 svg	Herbed Vegetable Medley	4 ounces	Brown Rice	1/2 cup
Baby Carrots	1/2 cup	Baked Potato	1 small	Orange Spinach Salad	1 Serving
Apricot Halves	1/2 cup	Smart Balance Unsalted	1 tsp	Bean Combo	1 svg
1% Milk with vitamins A & D	8 oz	Pineapple	1 cup	Spiced Applesauce	1 Serving
		1% Milk with vitamins A & D	8 oz	1% Milk with vitamins A & D	8 oz
Diabetic Menu 120 (66 gm. Carb)		Diabetic Menu 123 (69 gm carb)		Diabetic Menu 125	
BBQ Beef on Small Bun		Baked Chicken Tenders	1 Serving	Egg Drop Soup	1 serving
Steamed Spinach		French Baked Potatoes	1/2 cup	Brown Rice	1/2 cup
Creamy Coleslaw		Steamed Carrots	1/2 cup	Baked Chicken Breast	4 oz
Sugar Free Chery Gelatin		Pineapple Bits in Juice	1/2 cup	Steamed Broccoli Spears	3
1% Milk with vitamins A & D	8 oz	1% Milk with vitamins A & D	8 oz	Fresh Mango Cubes	1/2 cup
				1% Milk with vitamins A & D	8 oz
Diabetic Menu 127		Diabetic Menu 128		Diabetic Menu 133	
Turkey Bean Soup	1 serving	Chicken Noodle Soup	1 Serving	Broccoli Quiche	1 Serving
Egg Salad	1 serving	Plain Omelet	1 serving	Bacon	1 Slice
WW low sodium crackers	6 each	Colorful Salad	1 Serving	Oats and Fruit Breakfast Squares	1 Serving
Orange Spinach Salad	1 serving	Creamy Italian Dressing	1 svg	Orange Sections	3/4 cup
Canned Pears Halves, no added sugar	2	Chantilly Fruit Cup	1 svg	1% Milk with vitamins A & D	8 oz
1% Milk with vitamins A & D	8 oz	1% Milk with vitamins A & D	8 oz		
Diabetic Menu 135 (69 gm. Carb)		Diabetic Menu 138		Diabetic Menu 146 (66 gm. Carb)	
Pepper Steak		Spinach Lasagna	1 svg	Chicken Pasta	1 serving
Brown Rice Pilaf or Roll	1/2 cup	Steamed Cauliflower	1/2 cup	Herbed Vegetable Medley	1 serving
Tomatoes Vinaigrette		Garden Salad	1 svg	Spinach Salad	1 svg
Spiced Applesauce	1 svg	New Italian Dressing	1 svg	Creamy Italian Dressing	1 svg
1% Milk with vitamins A & D	8 oz	1% Milk with vitamins A & D	8 oz	Spiced Applesauce	1/2 cup
		Strawberries	1/2 cup	1% Milk with vitamins A & D	8 oz

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Diabetic Menu 147		Diabetic Menu 152 (70 gm. Carb)		Diabetic Menu 156 (70 gm. Carb)	
Santa Fe Chicken	1 Serving	Italian Beef Bake		Baked Chicken Tenders	
Brown Rice	1/2 cup	Peas & Carrots		Green Beans	1/2 cup
Vegetables, mixed	1/2 Cup	Spinach Salad		Broccoli Salad	
Tossed Salad	1 Serving	Sugar Free Vanilla Yogurt		Sugar Free Gelatin	
Garlic French Dressing	1 Serving	Iced Tea. Water or Coffee		1% Milk with vitamins A & D	8 oz
Mandarin Oranges	1/2 Cup				
1% Milk with vitamins A & D	8 oz				
Diabetic Menu 163		Diabetic Menu 165		Diabetic Menu 172	
Cranberry Glazed Chicken Breast	1 Serving	Herb Baked Chicken	1 Serving	Fried Rice with Almonds	1 serving
Brown Rice	1/2 cup	Baked Potato, small	1	Orange Spinach Salad	1 serving
Spring Salad	1 Serving	Creamy Coleslaw	1 Serving	Tropical Fruit Cup	1 serving
Green Beans	1/2 Cup	Green Beans	1/2 Cup	1% Milk with vitamins A & D	8 oz
Honey Mustard Dressing	1 Serving	Pears, sliced	1/2 Cup		
Mandarin Oranges	1/2 Cup	1% Milk with vitamins A & D	8 oz		
1% Milk with vitamins A & D	8 oz				
Diabetic Menu 177		Diabetic Menu 183 (56 gm. Carb)		Diabetic Menu 192	
Tuna Fish Casserole	1 serving	Grilled Chicken Breast Strips		Strawberries, fresh	1 Cup
Colorful Salad	1 serving	Wild and Long Grain Rice	1/2 cup	Grits, corn, white, quick, enriched, cooked w/water, no salt	1 cup
FF LS French Dressing	1 Tbsp	California Blend	1/2 cup	Smart Balance Unsalted	2 tsp
Mango Cubes	1/2 cup	WW Bread with 1 Margarine		Bread, whole wheat, toasted	1 slice
Smart Balance Unsalted	1 tsp	Fresh Orange Sections	1/2 cup	Peanut butter	1 Tbsp
1% Milk with vitamins A & D	8 oz	1% Milk with vitamins A & D	8 oz	Sautéed Spinach	1/2 cup
				1% Milk with vitamins A & D	8 oz
Diabetic Menu 193		Diabetic Menu 198		Diabetic Menu 200	
Banana	1 each	Scrambled Eggs	1 Serving	Plain fat free yogurt	6 oz
Eggs, whole, raw, large ⁷	1 each	Banana Whole Wheat Muffins	1 Serving	Tropical Fruit Cup	1 svg
Hash Browns, country style, shredded, frozen ⁸	1 cup	Peaches, sliced	1/2 Cup	Plain Omelet	1 Serving
Bagel, whole wheat 100%, small	1 each	Grapefruit Sections	1/2 cup	Bacon	1 Slice
Cream Cheese, fat free	2 Tbsp	Plain fat free Yogurt	6 oz	Oatmeal muffin square	1 svg
Vegetable Juice, low sodium	1 Cup	1% Milk with vitamins A & D	8 oz	Hash browns	1 cup
1% Milk with vitamins A & D	8 oz			1% Milk with vitamins A & D	8 oz

⁷ Fry egg in very little oil