

Alternative

Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 1	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP American Cheese Slice - 1.00 OZ WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SV Peanut Butter - 1.00 OZ Margarine Cup - 2.00 EA SF Syrup - 3.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Bran Flakes - 1.00 CUP Scrambled Eggs - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Breakfast Cookie - 1.00 EA Sunflower Kernels - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Scrambled Eggs - 0.50 CUP Shredded Cheese - 0.50 OZ Wheat Tortilla - 1.00 EA Taco Sauce - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP American Cheese Slice - 1.00 OZ English Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
	LUNCH						
Week 1	Peanut Butter - 2.00 OZ Potato Chips - 1.00 OZ Creamy Coleslaw - 0.50 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Fried Eggs - 2.00 EA WG Macaroni Salad - 1.00 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Sandwich Spread - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Cottage Cheese - 0.50 CUP Sunflower Kernels - 1.00 PKT Lettuce Blend - 2.00 CUP Black Beans - 0.50 CUP Green Pepper Slices - 4.00 SLC Biscuit - 1.00 EA Soft Margarine Cup - 1.00 PKT Ranch Dressing - 2.00 FLOZ Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	PB Hummus - 0.50 CUP Cooked Broccoli - 1.00 CUP Flour Tortilla - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Soy Chik'n Stew - 1.25 CUP Green Beans - 1.00 CUP Breadstick - 1.00 EA Margarine Cup - 2.00 EA Sunflower Kernels - 1.00 OZ Applesauce - 0.50 CUP Beverage - 8.00 FLOZ	Soy Sloppy Joe - 4.00 OZ Macaroni Salad - 1.00 CUP Fresh Veggies - 1.00 CUP WG Hotdog Bun - 1.00 EA French Dressing - 1.00 PKT Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FLOZ	Bean & Corn Burrito - 1.00 EA Corn Chips - 1.00 OZ California Mixed Vegetables - 1.00 CUP Graham Crackers - 1.00 EA Taco Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
	DINNER						
Week 1	Lentil Lasagna Bake - 1.25 CUP California Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Coconut Soy Crunch - 0.33 CUP Greek Vanilla Yogurt - 6.00 FLOZ Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP Cornbread - 1.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Italian Soy Chicken - 0.75 CUP Mashed Potatoes - 1.00 CUP Lettuce Blend - 1.00 CUP Roasted Butternut Squash - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Garden pasta sauce w/Soy - 8.00 FLOZ Whole Wheat Pasta - 1.00 CUP Corn - 0.50 CUP Spinach Salad - 1.00 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Spanish Rice w/Soy - 1.25 CUP Mozzarella Cheese - 1.00 OZ Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dinner Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Italian Pasta & Beans - 1.00 CUP Mozzarella Cheese - 2.00 OZ Green Pepper Slices - 4.00 SLC Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Hard Boiled Eggs - 2.00 EA Veggie Crispy Crackers - 1.00 EA Cooked Broccoli - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Sandwich Spread - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ

Alternative

Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 2	Fruit Juice - 4.00 FLOZ Flavored Hot Cereal - 1.00 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SV Peanut Butter - 1.00 OZ Margarine Cup - 2.00 EA SF Syrup - 3.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Scrambled Eggs - 0.50 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Breakfast Cookie - 1.00 EA Sunflower Kernels - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Hard Boiled Eggs - 2.00 EA Breakfast Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
	LUNCH						
Week 2	Greek Vanilla Yogurt - 6.00 FLOZ Coconut Soy Crunch - 0.33 CUP Carrot Raisin Salad - 0.50 CUP Fried Cabbage - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Veggie Burrito with Soy - 1.00 EA Black-Eyed Pea Salad - 0.50 CUP Cooked Carrots - 0.50 CUP Sour Cream - 1.00 POUCH Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Soy Sloppy Joe - 4.00 OZ Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Roll - 2.00 EA Dressing - 1.00 EA Sunflower Kernels - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Black Bean Burger - 1.00 EA American Cheese Slice - 0.50 OZ Italian Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Ketchup Packet - 1.00 PKT Graham Crackers - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Peanut Butter - 2.00 OZ Potato Chips - 1.00 OZ Broccoli Salad - 0.50 CUP Beets - 0.50 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FLOZ	Monterey Egg Bake - 1.00 CUP White Rice - 1.00 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Peanut Sauce - 6.00 FLOZ GF Spaghetti Noodles - 1.00 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
	DINNER						
Week 2	Hashbrown Casserole - 1.25 CUP Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP Croissant - 1.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Meatless Shepard's Pie - 1.00 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Veggie Pizza - 1.00 SLC Cooked Broccoli - 1.00 CUP Graham Cracker - 2.00 EA Peanut Butter - 1.00 OZ Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Lentil Lasagna Bake - 1.25 CUP Green Peas - 0.50 CUP Spinach Salad - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	WG Vegetable Fried Rice - 1.25 CUP Lettuce Blend - 1.00 CUP Stewed Tomatoes - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	BBQ Beans - 0.75 CUP Sunflower Kernels - 1.00 PKT Creamy Coleslaw - 0.50 CUP Green Beans - 0.50 CUP Biscuit - 1.00 EA Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Grilled Cheese Sandwich on WG Bread - 1.00 EA Choice Potato - 0.50 CUP Corn - 1.00 CUP Ketchup Packet - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ

Alternative

Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 3	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP American Cheese Slice - 1.00 OZ WG Toast - 2.00 SLC Sugar Substitute - 2.00 EA Margarine Cup - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SV Peanut Butter - 1.00 OZ Margarine Cup - 2.00 EA SF Syrup - 3.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fresh Fruit - 1.00 EA Cold Cereal - 1.00 CUP Scrambled Eggs - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Breakfast Cookie - 1.00 EA Sunflower Kernels - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Scrambled Eggs - 0.50 CUP Shredded Cheese - 0.50 OZ Wheat Tortilla - 1.00 EA Taco Sauce - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP American Cheese Slice - 1.00 OZ English Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
	LUNCH						
Week 3	Peanut Butter - 2.00 OZ Potato Chips - 1.00 OZ Creamy Coleslaw - 1.00 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Fried Eggs - 2.00 EA WG Italian Pasta Salad - 1.00 CUP Lettuce Blend - 1.00 CUP California Mixed Vegetables - 0.50 CUP Bread - 2.00 SLC Sandwich Spread - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Cottage Cheese - 0.50 CUP Sunflower Kernels - 1.00 PKT Lettuce Blend - 2.00 CUP Black Beans - 0.50 CUP Green Pepper Slices - 4.00 SLC Biscuit - 1.00 EA Soft Margarine Cup - 1.00 PKT Ranch Dressing - 2.00 FLOZ Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Bean Barley w/Mushroom Pilaf - 1.00 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Graham Cracker - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Soy Chik'n Stew - 1.25 CUP Corn - 0.50 CUP Breadstick - 1.00 EA Soft Margarine Cup - 1.00 PKT Sunflower Kernels - 1.00 OZ Applesauce - 0.50 CUP Beverage - 8.00 FLOZ	Black-Eyed Peas - 1.00 CUP Mashed Potatoes - 0.75 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Sour Cream - 1.00 POUCH Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FLOZ	Baked Cheesy Grits - 1.25 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
	DINNER						
Week 3	Lentil Chili - 8.00 FLOZ Cooked Broccoli - 0.50 CUP Marinated Cabbage - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Sour Cream - 1.00 POUCH Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Sweet & Sour Soy - 0.75 CUP Brown Rice - 0.75 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Meatless Shepard's Pie - 1.00 CUP Roasted Butternut Squash - 0.50 CUP Carrot Raisin Salad - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	BBQ Beans - 0.75 CUP Macaroni & Cheese - 0.50 CUP Green Peas - 1.00 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Vegetable Chow Mein w/Soy and Mushroom - 1.00 CUP White Rice - 1.00 CUP Green Beans - 0.50 CUP Spinach Salad - 1.00 CUP Dinner Roll - 1.00 EA Chow Mein Noodles - 0.50 OZ Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Monterey Egg Bake - 1.00 CUP Tortilla Chips - 1.00 OZ Cooked Carrots - 1.00 CUP Cornbread - 1.00 EA Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Garden pasta sauce w/Soy - 8.00 FLOZ Spaghetti Noodles - 0.75 CUP Sunflower Kernels - 1.00 PKT Pea Salad - 0.50 CUP Cooked Broccoli - 0.50 CUP Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ

Alternative

Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 4	Fruit Juice - 4.00 FLOZ Flavored Hot Cereal - 1.00 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SV Peanut Butter - 1.00 OZ Margarine Cup - 2.00 EA SF Syrup - 3.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Scrambled Eggs - 0.50 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Breakfast Cookie - 1.00 EA Sunflower Kernels - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Hard Boiled Eggs - 2.00 EA Breakfast Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
	LUNCH						
Week 4	Caribbean Beans - 0.75 CUP Shredded Cheese - 1.00 OZ Boiled Potatoes - 0.50 CUP Carrot Raisin Salad - 0.50 CUP Fried Cabbage - 0.50 CUP Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Bean and Oat Burger - 1.00 EA Choice Potato - 0.50 CUP Cooked Broccoli - 0.50 CUP Lettuce Blend - 1.00 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Ketchup Packet - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Lentil Chili - 8.00 FLOZ Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Roll - 2.00 EA Shredded Cheese - 0.50 OZ Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Veggie Pizza - 1.00 SLC California Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Graham Cracker - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Peanut Butter - 2.00 OZ Potato Chips - 1.00 OZ Lettuce Blend - 1.00 CUP Beets - 0.50 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA SF Jelly - 1.00 EA Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FLOZ	Hashbrown Casserole - 1.25 CUP Corn - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Peanut Sauce - 6.00 FLOZ GF Spaghetti Noodles - 1.00 CUP Green Beans - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
	DINNER						
Week 4	Veggie Burrito with Soy - 1.00 EA Brown Rice - 0.75 CUP Lettuce Blend - 1.00 CUP Green Beans - 0.50 CUP Dressing - 1.00 EA Sour Cream - 1.00 POUCH Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Hard Boiled Eggs - 2.00 EA Veggie Crispy Crackers - 1.00 EA Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA Sandwich Spread - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Spanish Rice w/Soy - 1.25 CUP Mozzarella Cheese - 1.00 OZ Fresh Veggies - 1.00 CUP Bread - 2.00 SLC Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	PB Hummus - 0.50 CUP Green Beans - 0.50 CUP Spinach Salad - 1.00 CUP Flour Tortilla - 1.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Greek Vanilla Yogurt - 6.00 FLOZ Coconut Soy Crunch - 0.33 CUP Oven Browned Potatoes - 0.50 EA Mixed Vegetables - 1.00 CUP Graham Crackers - 1.00 EA Soft Margarine Cup - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	WG Vegetable Fried Rice - 1.25 CUP Cooked Carrots - 1.00 CUP Biscuit - 1.00 EA Sunflower Kernels - 1.00 PKT Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Black Bean Chowder - 8.00 FLOZ Shredded Cheese - 1.00 OZ Lettuce Blend - 1.00 CUP Green Peas - 0.50 CUP Dressing - 1.00 EA Sour Cream - 1.00 POUCH Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ

Alternative : This menu is ovo-lacto vegetarian and offers a diabetic-friendly, heart-healthy option for an average of 400 fewer calories per day than regular meals. Menu is subject to change.