

Menu starts 5/19/25

Alternative

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 1	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Maple Hummus - 0.50 CUP WG Toast - 2.00 SLC 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 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Pinto Beans - 0.50 CUP Shredded Cheese - 0.50 OZ 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 - 1.00 SV Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Ketchup Packet - 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 Fresh Broccoli - 0.50 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Choice Eggs - 1.00 SV WG Italian Pasta Salad - 1.00 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA Sandwich Spread - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Cottage Cheese - 0.50 CUP Sunflower Kernels - 1.00 OZ Lettuce Blend - 2.00 CUP Tomato Wedges - 4.00 WDG Wheat Roll - 2.00 EA Creamy French Dressing - 2.00 FLOZ Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Bean Barley w/Mushroom Pilaf - 1.00 CUP Corn - 0.50 CUP Graham Crackers - 1.00 EA Cream Cheese - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Black Bean Hummus - 0.50 CUP Corn Chips - 1.00 OZ Cooked Broccoli - 0.50 CUP Lettuce Blend - 1.00 CUP Tortilla - 1.00 EA Sunflower Kernels - 1.00 OZ Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Mock Chicken Salad - 0.50 CUP WG Macaroni Salad - 1.00 CUP Fresh Veggies - 1.00 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FLOZ	Lentil Lasagna Bake - 1.25 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP Biscuit - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
	DINNER						
Week 1	Sweet & Sour Soy - 0.75 CUP Brown Rice - 0.75 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Italian Pasta & Beans - 1.00 CUP Mozzarella Cheese - 1.00 OZ California Mixed Vegetables - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 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 Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Soy Italian Chik'n - 1.00 CUP Mozzarella Cheese - 1.00 OZ White Rice - 0.50 CUP Cooked Carrots - 0.50 CUP Spinach Salad - 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	Vegetable Chow Mein w/Soy and Mushroom - 1.00 CUP Brown Rice - 0.75 CUP Green Beans - 1.00 CUP Dinner Roll - 2.00 EA Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Baked Cheesy Grits - 1.25 CUP Lettuce Blend - 1.00 CUP Green Pepper Slices - 4.00 SLC WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Greek Vanilla Yogurt - 6.00 FLOZ WG Bran Flakes - 0.50 CUP Spinach Salad - 1.00 CUP Tomato Wedges - 4.00 WDG Sunflower Kernels - 1.00 OZ Breadstick - 2.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ

Week at a Glance

Alternative							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 2	Fruit Juice - 4.00 FLOZ Flavored Hot Cereal - 1.00 CUP Maple Hummus - 0.50 CUP WG Toast - 2.00 SLC 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 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 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Choice Eggs - 1.00 SV 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 Peanut Butter - 1.00 PKT Plain Bagel - 1.00 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 - 1.00 SV Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Ketchup Packet - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
	LUNCH						
Week 2	Cheese Slices - 2.00 OZ Potato Chips - 1.00 OZ Fresh Radishes - 0.50 CUP California Ranch Salad - 0.50 CUP Lettuce Garnish - 0.50 CUP Croissant - 1.00 EA Sandwich Spread - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Bean and Oat Burger - 1.00 EA American Cheese Slice - 0.50 OZ Black-Eyed Pea Salad - 0.50 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 1.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Cottage Cheese - 0.50 CUP Lettuce Blend - 2.00 CUP Black Beans - 0.50 CUP Tomato Wedges - 4.00 WDG Corn Chips - 1.00 OZ Creamy French Dressing - 2.00 FLOZ Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Spanish Rice w/Soy - 1.25 CUP Lettuce Blend - 1.00 CUP Fresh Veggies - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Zen Salad: - 1.00 SV Sunflower Kernels - 1.00 OZ Barley - 1.00 CUP Cooked Lentils - 0.50 CUP Lettuce Blend - 1.00 CUP Tomato Wedges - 2.00 WDG Mozzarella Cheese - 1.00 OZ Creamy Ginger Soy Sauce - 1.00 FLOZ Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	WG Vegetable Fried Rice - 1.25 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FLOZ	Peanut Sauce - 6.00 FLOZ GF Spaghetti Noodles - 1.00 CUP Mixed Vegetables - 0.50 CUP Lettuce Blend - 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
	DINNER						
Week 2	Caribbean Beans - 1.00 CUP Shredded Cheese - 1.00 OZ Baked Potato - 1.00 EA Cucumber Slices - 1.00 CUP Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Grilled Cheese Sandwich on WG Bread - 1.00 EA Tomato Soup - 8.00 FLOZ Creamy Coleslaw - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Chickpea Spread - 0.50 CUP Spinach Salad - 1.00 CUP Corn - 0.50 CUP WG Hamburger Bun - 1.00 EA Sunflower Kernels - 1.00 OZ Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	PB Hummus - 0.50 CUP Asian Cabbage Salad - 0.50 CUP Mixed Vegetables - 0.50 CUP Pita Bread - 1.00 EA SF Jelly - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Bean & Corn Burrito - 1.00 EA Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Sour Cream - 1.00 POUCH Taco Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Soy Sloppy Joe - 4.00 OZ American Cheese Slice - 0.50 OZ Corn Chips - 1.00 OZ Broccoli Salad - 0.50 CUP Green Beans - 0.50 CUP Wheat Roll - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Black Bean Burger - 1.00 EA American Cheese Slice - 0.50 OZ Cooked Carrots - 0.50 CUP Marinated Cabbage - 0.50 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ

Week at a Glance

Alternative							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 3	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Maple Hummus - 0.50 CUP WG Toast - 2.00 SLC 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 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 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Pinto Beans - 0.50 CUP Shredded Cheese - 0.50 OZ 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 - 1.00 SV Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Ketchup Packet - 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 - 0.50 CUP Fresh Broccoli - 0.50 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Choice Eggs - 1.00 SV WG Italian Pasta Salad - 1.00 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA Sandwich Spread - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Cottage Cheese - 0.50 CUP Sunflower Kernels - 1.00 OZ Lettuce Blend - 2.00 CUP Tomato Wedges - 4.00 WDG WG Bread - 2.00 SLC Creamy French Dressing - 2.00 FLOZ Margarine Cup - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Bean Barley w/Mushroom Pilaf - 1.00 CUP Celery Sticks - 0.50 CUP California Ranch Salad - 0.50 CUP Peanut Butter Packet - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Black Bean Hummus - 0.50 CUP Corn Chips - 1.00 OZ Cooked Broccoli - 0.50 CUP Marinated Cabbage - 0.50 CUP Tortilla - 1.00 EA Sunflower Kernels - 1.00 OZ Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Mock Chicken Salad - 0.50 CUP WG Macaroni Salad - 1.00 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FLOZ	Lentil Lasagna Bake - 1.25 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP Biscuit - 2.00 EA Dressing - 1.00 EA Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
	DINNER						
Week 3	Vegetable Chow Mein w/Soy and Mushroom - 1.00 CUP White Rice - 0.75 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 Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Baked Cheesy Grits - 1.25 CUP Corn - 0.50 CUP Lettuce Blend - 1.00 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	Italian Pasta & Beans - 1.00 CUP Mozzarella Cheese - 1.00 OZ Green Beans - 0.50 CUP Tomato Bean Salad - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Soy Italian Chik'n - 1.00 CUP Egg Noodles - 0.75 CUP Lettuce Blend - 1.00 CUP Green Peas - 0.50 CUP Wheat Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Sweet & Sour Soy - 0.75 CUP White Rice - 0.75 CUP Green Beans - 1.00 CUP Animal Crackers - 1.00 EA Peanut Butter Packet - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Meatless Shepard's Pie - 1.00 CUP Lettuce Blend - 1.00 CUP Cooked Carrots - 0.50 CUP Wheat Roll - 2.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Greek Vanilla Yogurt - 6.00 FLOZ WG Bran Flakes - 0.50 CUP Spinach Salad - 1.00 CUP Cucumber Slices - 0.50 CUP Sunflower Kernels - 1.00 OZ Breadstick - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ

Week at a Glance

Alternative							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 4	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Maple Hummus - 0.50 CUP WG Toast - 2.00 SLC 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 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 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Choice Eggs - 1.00 SV 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 Peanut Butter - 1.00 PKT Plain Bagel - 1.00 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 - 1.00 SV Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Ketchup Packet - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
	LUNCH						
Week 4	Cheese Slices - 2.00 OZ Potato Chips - 1.00 OZ Fresh Radishes - 0.50 CUP California Ranch Salad - 0.50 CUP Lettuce Garnish - 0.50 CUP Croissant - 1.00 EA Mustard Packet - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Bean and Oat Burger - 1.00 EA Macaroni & Cheese - 0.50 CUP Cooked Broccoli - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Cottage Cheese - 0.50 CUP Lettuce Blend - 2.00 CUP Black Beans - 0.50 CUP Tomato Wedges - 4.00 WDG Green Pepper Slices - 4.00 SLC Corn Chips - 1.00 OZ Creamy French Dressing - 2.00 FLOZ Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Zen Salad: - 1.00 SV Barley - 1.00 CUP Cooked Lentils - 0.50 CUP Lettuce Blend - 1.00 CUP Creamy Coleslaw - 0.50 CUP Tomato Wedges - 2.00 WDG Mozzarella Cheese - 1.00 OZ Creamy Ginger Soy Sauce - 1.00 FLOZ Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Peanut Butter Hummus - 0.50 CUP Lettuce Blend - 1.00 CUP Cooked Carrots - 0.50 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA 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 Corn - 0.50 CUP WG Bread - 1.00 SLC Sunflower Kernels - 1.00 OZ Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FLOZ	Peanut Sauce - 6.00 FLOZ GF Spaghetti Noodles - 1.00 CUP Mixed Vegetables - 0.50 CUP Corn - 0.50 CUP Garlic Bread - 1.00 SLC Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
	DINNER						
Week 4	Caribbean Beans - 1.00 CUP Shredded Cheese - 1.00 OZ Diced Potatoes - 0.50 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Ketchup Packet - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Grilled Cheese Sandwich on WG Bread - 1.00 EA Tomato Soup - 8.00 FLOZ Lettuce Blend - 1.00 CUP Green Pepper Slices - 4.00 SLC Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Bean & Corn Burrito - 1.00 EA Tortilla Chips - 1.00 OZ Broccoli Salad - 0.50 CUP Sour Cream - 1.00 POUCH Taco Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Spanish Rice w/Soy - 1.25 CUP Green Beans - 0.50 CUP Spinach Salad - 1.00 CUP Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Chickpea Spread - 0.50 CUP Oven Browned Potatoes - 0.50 EA Fresh Veggies - 0.50 CUP Sunflower Kernels - 1.00 OZ WG Bread - 2.00 SLC Soft Margarine Cup - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Soy Sloppy Joe - 4.00 OZ American Cheese Slice - 0.50 OZ Corn Chips - 1.00 OZ Cucumber Slices - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Black Bean Burger - 1.00 EA American Cheese Slice - 0.50 OZ Lettuce Blend - 1.00 CUP Tomato Slices - 2.00 SLC Onion Slice - 1.00 SLC WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Ketchup Packet - 1.00 PKT 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.