2011 MARCH | REGULAR MENU | WEEK 1 | ABH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
4 oz APPLE JUICE	4 oz APPLE JUICE	4 oz GRAPE JUICE	4 OZ CRANBERRY JUICE	4 OZ ORANGE JUICE	4OZ PINEAPPLE JUICE	4 OZ ORANGE JUICE
1 PK. ASST.DRY CEREAL	6 OZ. OATMEAL	1 PK ASST. DRY CEREAL	6 OZ. OATMEAL	1 PK ASST. DRY CEREAL	6 OZ. OATMEAL	1 PK UNSW. DRY CEREAL
1 ENGLISH MUFFIN	1 FRUIT MUFFIN	2 WAFFLES	2 SL WHEAT TOAST	1 FRUIT MUFFIN	1 EA BAGEL	1 EA ASST DANISH
1 EA MARGARINE		1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 PK CREAM CHEESE	
1 EA JELLY		1 EA SYRUP	1 EA JELLY		1 EA JELLY	
H.C. EGG	3 OZ SCRAMBLED EGGS	1 SAUSAGE LINK	3 OZ SCRAMBLED EGG	3OZ SCRAMBLED EGG	1 SAUSAGE LINK	4 OZ FRUITED YOGURT
8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK
LUNCH						
3 OZ OVEN FRIED CHIX	3OZ CRNCHY BK FISH	1EA BEEF HOT DOG	3OZ CAJUN CHICKEN	8OZ SEAFOOD PASTA	4OZ MEAT SAUCE	6OZ VEGETABLE SOUP
	1PK TARTAR SAUCE	ON BUN			OVER	2 EA SALTINES
4OZ WHIPPED POTATO	4OZ MAC & CHEESE	KETCHUP/MUSTARD	4OZ RICE PILAF	6OZ MIX VEG (5-WAY)	8 OZ SPAGHETTI NOODLES	
6OZ CARROTS		6OZ CORN	6OZ GREEN BEANS		6OZ CAULIFLOWER	PHLLY CHEESE STEAK SNDW:
	8OZ TOSSED SALAD	4OZ COLESLAW		8 OZ TOSS SALAD	8 OZ TOSS SALAD	2OZ ROAST BEEF
	1 PKG DRESSING			1 EA SALAD DRESSING	1 EA SALAD DRSG	1OZ MOZZZ SHRD CHEESE
1 SL WHEAT BREAD	1 SL WHEAT BREAD		1 EA CORN MUFFIN	1 SL WHEAT BREAD	1 SL WHEAT BREAD	2 OZ BELL PEPPER & ONION
1 EA MARGARINE	1 EA MARGARINE		1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	ON HOGIE BUN
4 OZ FRUIT CUP	4 OZ FRUIT COBBLER	1PC CAKE	4OZ PEARS	1PC FRESH FRUIT	1PC FRESH FRUIT	4 OZ PEACHES
8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK
ALTERNATES:						
Bologna/CheeseSub	**Southern ChcknSnd**	**Ham/CheeseSub**	**Hamburger/Bun**	**Pepperoni Pizza**	**Hot Dog/Bun w/**	**Bean-Cheese Burrito**
w/lett, toma,Ital drsg	**w/pickle & mayo**	**Lett/toma/may/must**	**Ketch/Must,**		**ketchup/mustard**	**w/ hot sauce**
1:40 SNACK						
APPLE CRISP BAR	*LORNA DOONE COOKIE*	*GRANOLA BAR*	*STRING CHEESE/CRCKRS*	*MULTIGRAIN SUNCHIPS*	*CHEESE CUBES/CRCKR*	*CHEDDAR POPCORN*
1 bar=130 cal, 26g Carb	1pk=140 cal,19g Carb	1bar=100 cal, 17g Carb	1oz LFMozz=83Cal,1gCarb	1pk=140 Cal, 19g Carb	1oz Cheddar=110Cal, 0 Carb	1pk=100 Cal, 9g Carb
			4 Saltines=50Cal,10gCarb		4 Saltines=50Cal,10gCarb	
SUPPER						
8ozCHKN ENCHLLDA CASS	6 OZ LASAGNA	3OZ ROAST PORK	3ozSWSS STEAK/TMTO	3OZ MEATLOAF/GRVY	3ozRST CHCKN/GRVY	8OZ TURKEY TETRAZ
6OZ CORN	6OZ GREEN PEA	6OZ BROCCOLI	4OZ PARSLEY POTATOES	4OZ WHIP POTATO	6OZ PEAS & CARROTS	6OZ GRN BEAN
		4 OZ BLACK-EYED PEAS	6OZ PEAS	6OZ STEWED TOMATOES	4OZ WHIPPED POTATO	8OZ TOSSED SALAD
		4OZ CUKE-TOMATO SAL				1 PKG DRESSING
1 SL WHEAT BREAD	2 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD
1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE
4OZ PEARS	4OZ PINEAPPLE TIDBITS	4 OZ APPLESAUCE	4OZ FRESH FRUIT			4 OZ FRUITED GELATIN
1 SL POUND CAKE			1 EA SHERBET	4OZ PUDDING	1 EA COOKIE	
8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK
ALTERNATES:						
Bologna/CheeseSub	**Southern ChcknSnd**	**Ham/CheeseSub**	**Hamburger/Bun**	**Pepperoni Pizza**	**Hot Dog/Bun w/**	**Bean-Cheese Burrito**
w/lett, toma,Ital drsg	**w/pickle & mayo**	**Lett/toma/may/must**	**Ketch/Must,**		**ketchup/mustard**	**w/ hot sauce**
8 PM SNACK						
CHEESE-PNB CRKR	*WAFER KREEM COOKIE*	*GOLDFISH CRACKERS*	*GRANOLA BAR*	*ANIMAL CRACKERS*	*OREOS*	*CINN ELF GRAHAMS*
1pk=190 Cal, 23g Carb	2pk=95 Cal, 12g Carb	1pk=130 Cal, 19g Carb	1 bar=100 Cal, 17g Carb	1pk=120 Cal, 23g Carb	1pk=100 Cal, 16g Carb	1pk=120 Cal, 21g Carb

2011 March REGULAR MENU WEEK 2 ABH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
4 OZ ORANGE JUICE	4OZ APPLE JUICE	4OZ GRAPE JUICE	4OZ CRANBERRY JUICE	4OZ ORANGE JUICE	4OZ APPLE JUICE	4OZ ORANGE JUICE
1 PK UNS DRY CEREAL	6 OZ OATMEAL	1 PK AST DRY CEREAL	1 PK ASST. DRY CEREAL	6 OZ OATMEAL	6OZ OATMEAL	1 PK DRY CEREAL
1 EGG PATTY	1 SAUSAGE LINK	3 OZ SCRMB EGGS	3 OZ SCRMB EGGS	4 OZ SAUSAGE GRAVY	3 OZ EGG OMELET	1 EA HC EGG
1 BAGEL	1 DONUT	2 PANCAKES	1 EA BAGEL	1 EA BISCUT	1 ENGLISH MUFFIN	1 DANISH
1 OZ CREAM CHEESE		1 EA MARGARINE	1 EA MARGARINE		1 EA MARGARINE	
8 OZ 1 % MILK	8 OZ 1% MILK	1 PKG SYRUP	1 PK JELLY	8 OZ 1% MILK	1 PK JELLY	8 OZ 1% MILK
		8 OZ 1 % MILK	8 0Z 1 % MILK		8 OZ 1 % MILK	
LUNCH						
3 0Z HAMBURGER	3 OZ CRNCH BK FISH	3 OZ BBQ PORK	8 OZ TOMATO SOUP	TACO SALAD:	1 CNTRY FRIED STEAK	6 OZ CHIX NOODLE SOUP
1 EA BUN	4 OZ PRSLY POTATO	1 EA BUN	2 EA SALTINES	3 OZ TACO MEAT	1OZ SAWMILL GRAVY	2 PK SALTINES
LETTUCE / TOM	6 OZ GREEN PEAS	4 OZ VEG. BK BEAN		1 1/2 OZ TACO CHIPS	4 OZ WHIP POTATO	3 OZ TUNA SALAD
KETUP/ MUSTARD	1 SL WHEAT BREAD	4 OZ COLE SLAW	HOT HAM & CHEESE	1ozCHEDDAR CHEESE	6 OZ GREEN BEANS	2 SL WHEAT BREAD
6 OZ MIX VEG(5-WAY)	1 EA MARGARINE	2 EA ASST COOKIES	SANDWICH (BUN)	1ozLETTUCE/TOM	1 SL WHEAT BREAD	LETTUCE / TOMATO
1/2 CUP TATER TOTS	4 OZ FRUIT COBBLER		4 OZ PASTA SALAD	4 OZ FRUIT COCKTAIL	1 EA MARGARINE	60Z CAULIFLOWER
4 OZ APPLESAUCE			4OZ TROPICAL FRUIT	4 OZ PUDDING	4 OZ APPLESAUCE	4 OZ DICED PEARS
8 OZ 1 % MILK	8 OZ 1 % MILK	8 OZ 1 % MILK	8 OZ 1 % MILK	8 OZ 1 % MILK	8 OZ 1 % MILK	8 OZ 1% MILK
ALTERNATES:						
Bologna/CheeseSub	**Southern ChcknSnd**	**RstBeef/CheeseSub**	**Hamburger/Bun**	**Pepperoni Pizza**	**Hot Dog/Bun w/**	**Bean-Cheese Burrito**
w/lett, toma,Ital drsg	**w/pickle & mayo**	**Lett/toma/may/must**	**Ketch/Must,**		**ketchup/mustard**	**w/ hot sauce**
1:40 SNACK						
APPLE CRISP BAR	*LORNA DOONE COOKI*	*GRANOLA BAR*	*STRING CHEESE/CRCKRS*	*MULTIGRAIN SUNCHIP*	*CHEESE CUBES/CRCKR*	*CHEDDAR POPCORN*
1 bar=130 cal, 26g Carb	1pk=140 cal,19g Carb	1bar=100 cal, 17g Carb	1oz LFMozz=83Cal,1gCarb	1pk=140 Cal, 19g Carb	1oz Cheddar=110Cal, 0 C	1pk=100 Cal, 9g Carb
			4 Saltines=50Cal,10gCarb		4 Saltines=50Cal,10gCarb	
DINNER						
6 OZ CHICKEN POT PI	3OZ RST BEEF/GRAVY	3OZ CHCKN PARMSN	8OZ CHILI CON CARNE	3 OZ TERIYAKI PORK	8oz HEARTY BEEFSTEW	3oz BUFFLO CHKN BRST
6 oz LIMA BEAN	6 OZ DICED CARROTS	8 OZ SPAGH NOODLES	2 PK SALTINES	4 OZ STEAMED RICE	1 EA BISCUIT	4OZ CANDIED YAM
8 OZ TOSSED SALAD	4OZ WHPPD POTATO	6 OZ BROCCOLI	6OZ CORN	6 OZ ASIAN BLND VEG	6 OZ SEAS SPINACH	6 OZ GREEN PEAS
1 EA SALAD DRESSING	8 OZ GARDEN SALAD	8 OZ TOSS SALAD	1 EA CORN MUFFIN		8 OZ TOSSED SALAD	1 SL WHEAT BREAD
1 EA FRESH FRUIT	1 EA DRESSING	1 EA SALAD DRESSING		4ozMANDRN ORNGES	1 EA DRESSING	1 EA MARGARINE
1 SL WHEAT BREAD	4 OZ P-APPLE TIDBITS	4 OZ PEACHES	1 PC FRESH FRUIT	1 SLICE ICED CAKE	1 EA SHERBET	4 OZ FRUIT CUP
1 EA MARGARINE	2 SL WHEAT BREAD	1 SL WHEAT BREAD		1 SL WHEAT BREAD	8 OZ 1 % MILK	8 OZ 1 % MILK
	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE		
8 OZ 1% MILK	8 OZ 1 % MILK	8 OZ 1 % MILK	8 OZ 1% MILK	8 OZ 1 % MILK		
ALTERNATES:						
Bologna/CheeseSub	**Southern ChcknSnd**	**RstBeef/CheeseSub**	**Hamburger/Bun**	**Pepperoni Pizza**	**Hot Dog/Bun w/**	**Bean-Cheese Burrito**
w/lett, toma,Ital drsg	**w/pickle & mayo**	**Lett/toma/may/must**	**Ketch/Must,**		**ketchup/mustard**	**w/ hot sauce**
8 PM SNACK						
CHEESE-PNB CRKR	*WAFER KREEM COOKI*	*GOLDFISH CRACKERS*	*GRANOLA BAR*	*ANIMAL CRACKERS*	*OREOS*	*CINN ELF GRAHAMS*
1pk=190 Cal, 23g Carb	2pk=95 Cal, 12g Carb	1pk=130 Cal, 19g Carb	1 bar=100 Cal, 17g Carb	1pk=120 Cal, 23g Carb	1pk=100 Cal, 16g Carb	1pk=120 Cal, 21g Carb

2011 F/W REGULAR MENU WEEK 3 rev ABH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
4OZ ORANGE JUICE	4OZ APPLE JUICE	4 OZ ORANGE JUICE	4 OZ CRNBRRY JUICE	4 OZ ORANGE JUICE	4 OZ ORANGE JUICE	4 OZ APPLE JUICE
1 PK. ASST.DRY CEREAL	6OZ OATMEAL	1 PK. ASST.DRY CEREAL	1 PK. ASST.DRY CEREAL	6OZ OATMEAL	6OZ OATMEAL	1 PK. ASST.DRY CEREAL
2 EA PANCAKES	1 EA FRUIT MUFFIN	1 EA DANISH	2 EA FRENCH TOAST	1 EA ENG MUFFIN	1 EA FRUIT MUFFIN	1 EA ASST DONUT
3OZ SCRM. EGG	1 EA HARD-COOKED EGG	3 OZ SCRM. EGG	1 EA SAUSAGE LINK	1 EA EGG PATTY	3 OZ SCRM. EGG	2 SL BACON
1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA HASHBROWN POTATO
1 EA SYRUP			1 EA SYRUP PK	1 EA JELLY		
8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK
LUNCH						
3 OZ BAKED HAM	1 EA HOT DOG/BUN	3ozHAMBURGER/BUN	3oz RST CHCKN/GRVY	3 OZ CRUNCH BK FISH	3 OZ CHICKEN PATTY	6 OZ CHCKN NOODLE SOUP
6 OZ BROCCOLI	4 OZ TATOR TOT	LETTUCE/TOMATO	4 OZ ROTINI PASTA	4 OZ RSTD POTATO	1 EA BUN	2 EA SALTINES
4 OZ SWEET POTA FRIES	6 OZ DICED CARROTS	4 OZ RICE PILAF	6 OZ BROCCOLI	6 OZ CORN	LETTUCE/TOMATO	TURKEY(3oz) ON CROISSANT
	4 OZ COLESLAW	6OZ COLLARD GREENS		4 OZ COLESLAW	4 OZ MAC&CHEESE	LETTUCE/TOMATO
4 OZ PEARS	4 OZ TROPICAL FRUIT		4 OZ PINEAPP GELATIN		6 OZ CAULIFLOWER	6 OZ MIX VEG (5-WAY)
1 SL WHEAT BREAD		1 SL POUND CAKE	1 SL WHEAT BREAD	1 SL WHEAT BREAD	4 OZ FRUIT CUP	4 OZ DICED PEACHES
	KETCHUP/MUSTARD	KETCHUP/MUSTARD	1 EA SHERBET	2 EA COOKIES		1 OZ PRETZELS
1 EA MARGARINE			1 EA MARGARINE	1 EA MARGARINE	1 EA "MAYO"	1 EA "MAYO"/MUSTARD
8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK
ALTERNATES:						
Bologna/CheeseSub	**Southern ChcknSnd**	**Ham/CheeseSub**	**Hamburger/Bun**	**Pepperoni Pizza**	**Hot Dog/Bun w/**	**Bean-Cheese Burrito**
w/lett, toma,Ital drsg	**w/pickle & mayo**	**Lett/toma/may/must**	**Ketch/Must,**		**ketchup/mustard**	**w/ hot sauce**
1:40 SNACK						
CHEEZITS	*LORNA DOONE COOKIE*	*GRANOLA BAR*	*RICE KRISPIE TREAT*	*SUNCHIPS-CHEDDAR*	*CHEESE CUBES/CRCKR*	*LORNA DOONE COOKIE*
1 PKG=210 cal, 24g Carb	1pk=140 cal,19g Carb	1bar=100 cal, 17g Carb	1EA=90Cal,17gCarb	1pk=140 Cal, 19g Carb	1oz Cheddar=111Cal,0g Ca	1pk=140 Cal,19g Carb
					4 Saltines=50Cal,10gCarb	
DINNER						
4 OZ PEPPER STEAK	3oz RST TURKEY /GRAVY	8 OZ CHICKEN-RICE CASS	8 OZ BAKED ZITI	3ozROAST PORK LOIN	3ozMEATLOAF/GRAVY	3oz ROAST BEEF/GRAVY
4 OZ RICE	4 OZ CANDIED YAMS	6 OZ DICED CARROTS	6 OZ CAULIFLOWER	4 OZ WHIP POTATOES	4 OZ WHPPD POTATOES	1 EA BAKED POTATO
6 OZ ASIAN BLND VEG	6 OZ GREEN PEAS		8OZ TOSSED SALAD	6 OZ GREEN BEANS	6 OZ STWD TOMATOES	6 OZ PEAS
	8OZ TOSSED SALAD	4 OZ RED GRAPES		8OZ TOSSED SALAD		
1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD
4 OZ FRUITED GELATIN	4 OZ PUDDING	4oz MANDARIN ORNGES	4 OZ FRUIT COCKTAIL	4 OZ APPLESAUCE	1 EA SHERBET	1 PC ICED CAKE
1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE
	1EA SALAD DRESSING		1 EA SALAD DRESSING	1EA SALAD DRESSING		1 OZ SOUR CREAM
8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk
ALTERNATES:						
Bologna/CheeseSub	**Southern ChcknSnd**	**Ham/CheeseSub**	**Hamburger/Bun**	**Pepperoni Pizza**	**Hot Dog/Bun w/**	**Bean-Cheese Burrito**
w/lett, toma,Ital drsg	**w/pickle & mayo**	**Lett/toma/may/must**	**Ketch/Must,**		**ketchup/mustard**	**w/ hot sauce**
8 PM SNACK						
CHEESE-PNB CRKR	*SUNCHIPS-GRDN SLSA*	*GOLDFISH CRACKERS*	*GRANOLA BAR*	*ANIMAL CRACKERS*	*OREOS*	*FIG NEWTON*
1pk=190 Cal, 23g Carb	1pk=140 Cal, 19g Carb	1pk=130 Cal, 19g Carb	1 bar=100 Cal, 17g Carb	1pk=120 Cal, 23g Carb	1pk=100 Cal, 16g Carb	1pk=100Cal,20gCarb

2011 F/W	REGULAR MENU	WEEK 4	ABH			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
4 OZ. CRANBERRY JUICE	4 OZ ORANGE JUICE	4OZ PINEAPPLE JUICE	4 OZ APPLE JUICE	4 OZ. GRAPE JUICE	4 OZ. ORANGE JUICE	4 OZ APPLE JUICE
1 PK. ASST.DRY CEREAL	6OZ OATMEAL	1 PK. ASST.DRY CEREAL	6 OZ. OATMEAL	1 PK. ASST.DRY CEREAL	6 OZ OATMEAL	1 PK. ASST.DRY CEREAL
1 EA BISCUIT	2 EA FRENCH TOAST	3 OZ. SCRAMBLED EGGS	3 OZ SCRAMBLED EGG	2 EA. PANCAKES	1 EA CHEESE OMLETTE	1 BAGEL
4 OZ SAUSAGE GRAVY	1 EA MARGARINE	2 SL WHEAT TOAST	1 EA. ENG. MUFFIN	1 PKG. SYRUP	1 EA DANISH	1OZ CREAM CHEESE
1 EA MARGARINE	1 PK SYRUP	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE		1 PK. JELLY
	1 EA HC EGG	1 PK. JELLY	1 PK. JELLY	2 SL. BACON		1 EA SAUSAGE LINK
8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK
LUNCH						
3 OZ SLOPPY JOE	3OZ CRNCH BKD FISH	3ozCHEESEBURGER/BUN	6 OZ. VEG. SOUP	3OZ CHICKEN SALAD	6OZ TOMATO SOUP	1 SL PEPPERONI PIZZA
1 BUN	1 EA TARTAR SAUCE	LETTUCE/TOM	2 OZ BOLOGNA ON BUN	ON 2 SL WHEAT BREAD	2 EA SALTINES	6OZ PEAS & CARROTS
4OZ RICE PILAF	4OZ MAC& CHEESE	6 OZ DICED CARROTS	1 SL AMERICAN CHEESE	4OZ VEGET BKD BEANS	GRILLED CHEESE SAND	8 OZ. TOSSED SALAD
6OZ BROCCOLI	6 OZ. GREEN PEAS	4 OZ POTATO SALAD	LETTUCE/TOMATO		6OZ MIXED VEG (5W)	1 EA SALAD DRESSING
	1 SL. WHEAT BREAD		4 OZ PASTA SALAD	8 OZ TOSSED SALAD		
	1 EA MARGARINE	1 EA KETCH/MUSTARD	1 PK MAYO/MUSTARD	1 PKT DRESSING		
4OZ DICED PEARS	4 OZ. FRUITED GELATIN	1 PC CHOC BUNDT CAKE	4 OZ FRUIT COBBLER	4 OZ DICED PEACHES	4OZ FRUIT COBBLER	4 OZ PEARS
8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK
ALTERNATES:						
Bologna/CheeseSub	**Southern ChcknSnd**	**HAM/CheeseSub**	**Hamburger/Bun**	**Pepperoni Pizza**	**Hot Dog/Bun w/**	**Bean-Cheese Burrito**
w/lett, toma,Ital drsg	**w/pickle & mayo**	**Lett/toma/may/must**	**Ketch/Must,**		**ketchup/mustard**	**w/ hot sauce**
1:40 SNACK						
CHEEZITS	*LORNA DOONE COOKIE*	*GRANOLA BAR*	*RICE KRISPIE TREAT*	*MULTIGRAIN SUNCHIPS*	*CHEESE CUBES/CRCKR*	*LORNA DOONE COOKIE*
1 PKG=210 cal, 24g Carb	1pk=140 cal,19g Carb	1bar=100 cal, 17g Carb	1EA=90Cal,17gCarb	1pk=140 Cal, 19g Carb	1oz Cheddar=111Cal,0g C	1pk=140 Cal,19g Carb
					4 Saltines=50Cal,10gCarb	
DINNER						
3 OZ. SALISBURY STK. W/	3OZ ROAST TURKY/GRVY	3 OZ CHICKEN FAJITA	8 OZ SPAGHETTI W/	8 OZ BEEF STROGONOF	4 OZ STIR FRY CHICKEN	3 OZ BAKED STEAK/GRVY
GRAVY	4 OZ SWEET POTATO FRY	10"TORTILLAS	4 OZ MEAT SAUCE		4 OZ STEAMED RICE	4 OZ WHPPD POTATOES
6 OZ. WHIP POTATOES	6 OZ CORN	1 OZ CHEDDAR CHEESE	6 OZ BROCCOLI	6 OZ. GREEN PEAS	6 OZ ASIAN BLND VEG	6 OZ GREEN BEANS
6 OZ. GREEN BEANS		1 OZ LETTUCE/TOMATO	8 OZ. TOSSED SALAD			
		1 EA TACO SAUCE	1 EA SALAD DRESSING	4 OZ GELATIN		
1 SL WHEAT BREAD	1 SL WHEAT BREAD	6 OZ CAULIFLOWER	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD	1 SL WHEAT BREAD
1 EA MARGARINE	1 EA MARGARINE	4OZ PINEAPPLE TIDBIT	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE	1 EA MARGARINE
1 EA ORANGE	4 OZ RED GRAPES	1 EA SHERBET CUP	4 OZ. FRUIT CUP	FRESH FRUIT	4 OZ PINEAP TIDBITS	4 OZ APPLESAUCE
8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK	8OZ 1% MILK
ALTERNATES:						
Bologna/CheeseSub	**Southern ChcknSnd**	**HAM/CheeseSub**	**Hamburger/Bun**	**Pepperoni Pizza**	**Hot Dog/Bun w/**	**Bean-Cheese Burrito**
w/lett, toma,Ital drsg	**w/pickle & mayo**	**Lett/toma/may/must**	**Ketch/Must,**		**ketchup/mustard**	**w/ hot sauce**
8 PM SNACK						
CHEESE-PNB CRKR	*WAFER KREEM COOKIE*	*MULTIGRAIN SUNCHIPS*	*GRANOLA BAR*	*ANIMAL CRACKERS*	*OREOS*	*FIG NEWTON*
1pk=190 Cal, 23g Carb	2pk=95 Cal, 12g Carb	1pk=140 Cal, 19g Carb	1 bar=100 Cal, 17g Carb	1pk=120 Cal, 23g Carb	1pk=100 Cal, 16g Carb	1pk=100Cal,20gCarb