



# Oak Park Weekly Meal Plan

Dates: Feb 12 - 16 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b> (always with milk)		multigrain cheerios , fruit	multigrain crackers , fruit	oatmeal , raisin and fruit	multigrain cereal, fruit	boiled eggs, whole wheat crackers , cucumbers
<b>Lunch</b>	<u>Meat or Alternative</u>	mexica vegetarin lasagna:beans , cheese, salsa	spaghetti and beef sauce	chicken rice soup	green lentils with tomato sauce	salmon sandwiches
	<u>Bread or Alternative</u>	whole wheat tortillas	whole wheat spaghetti	garlic bread	brown rice	whole wheat bread
	<u>Vegetable</u>	carrots , cucumbers	baby corns , peppers	mixed vegetable	peppers , carrots	cucumbers, tomatoes
	<u>Beverage</u>	milk , water	milk , water	milk , water	milk , water	milk, water
	<u>Dessert</u>	pears	apples	bananas	pears	assorted fruits
<b>Afternoon</b> (always with water)		fruit tray , yogurt dip & whole wheat crackers	bananas , whole wheat bread & tzatziki dip	apples , whole wheat raisin bread	fruit , arrowroots	melon , multigrain crackers

