



Oak Park Weekly Meal Plan

Dates: Feb 19 - 23 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)			trail mix , fruit	whole wheat crackers, apples cheese	whole wheat breakfast pitas , pears	krispies cereal , fruit
Lunch	<u>Meat or Alternative</u>	C	scrambled eggs with tomatoes	squash and lentils soup	homemade turkey meatballs	Sloppy Joes:gr beef , sauce
	<u>Bread or Alternative</u>	L	brown rice	Italian bread	brown rice	whole wheat buns
	<u>Vegetable</u>	O	carrots ,broccoli	Caesar salad with kale	corns , cucumbers	peppers , tomatoes
	<u>Beverage</u>	S	milk , water	milk , water	milk , water	milk, water
	<u>Dessert</u>	E	apples	bananas	apples	pears
Afternoon (always with water)		D	pears ,multigrain crackers	grapes , cheerios cereal	fruit , whole wheat crackers	oranges , carrot sticks ,whole wheat ritz crackers

