



# Oak Park Weekly Meal Plan

**Dates:** Feb 5 - 9 , 2018

**Cook:** Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b> (always with milk)		yogurt , granola and fruit	krispies cereal , fruit & peppers	breakfast pita & fruit	whole wheat bagels , Greek yogurt dip	shreddies cereal, fruit
<b>Lunch</b>	<u>Meat or Alternative</u>	taco bake:T.V.P with tomato sauce	kidney beans with tomatoes sauce	chicken & mushroom barley soup	spaghetti and beef sauce	pizza: sauce, chicken , peppers , cheese
	<u>Bread or Alternative</u>	whole wheat macaroni	brown rice	whole wheat bread	multigrain spaghetti	whole wheat English muffins
	<u>Vegetable</u>	carrots , cucumbers	peas & carrots	mixed vegetable	broccoli , baby corns	carrots , peppers
	<u>Beverage</u>	milk , water	milk , water	milk , water	milk , water	milk, water
	<u>Dessert</u>	bananas	fruit	pears	fruit	apples
<b>Afternoon</b> (always with water)		raw vegetable , dip and multigrain crackers	bananas , whole wheat triscuits	assorted fruits , whole wheat crackers	grapes , carrots , whole wheat crackers	trail mix , fresh fruit

