



Oak Park Weekly Meal Plan

Dates: Jan 29 - Feb 2, 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)		multigrain cheerios and fruit	multigrain crackers , fruit	multigrain cereal , fruit	assorted fruit and multigrain saltines	carrot muffins and pears
Lunch	<u>Meat or Alternative</u>	chick peas with tomato sauce	cabbage roll casserole:gr beef, onion ,peppers	cauliflower cheddar soup	chicken veggie casserole	salmon sandwiches
	<u>Bread or Alternative</u>	brown rice	whole wheat buns	sliced chicken and garlic bread	brown rice	whole wheat bread
	<u>Vegetable</u>	cucumbers , broccoli	Caesar salad with baby tomatoes	carrots , zucchini	mixed vegetable	tomatoes ,peppers
	<u>Beverage</u>	milk , water	milk , water	milk , water	milk , water	milk, water
	<u>Dessert</u>	fruit	pears	fruit	bananas	assorted fruits
Afternoon (always with water)		bananas ,whole wheat raisin bread	fruit ,peppers & whole wheat crackers	apples , multigrain crackers	fruit ,hummus dip , whole wheat pitas	melon , whole wheat Ritz crackers

