



# Oak Park Weekly Meal Plan

Dates: Mar 12 - 16 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b> (always with milk)		whole wheat 12 grain bread, hummus dip, carrots	multigrain cereal , bananas	English muffins , cheese & pears	cheerios cereal , peppers	multigrain crackers , and apples
<b>Lunch</b>	<u>Meat or Alternative</u>	green lentils with tomato sauce	baked beans	baked white fish	make your own taco:gr.beef , salsa and sour cream	tuna sandwiches
	<u>Bread or Alternative</u>	brown rice	whole wheat multigrain saltines	brown rice	whole wheat tortillas	whole wheat bread
	<u>Vegetable</u>	peppers , cucumbers	baby corns , zucchini	broccoli , carrots	tomatoes , lettuce	carrots , cucumbres
	<u>Beverage</u>	milk , water	milk , water	milk , water	milk , water	milk , water
	<u>Dessert</u>	strawberries	pears	bananas	blueberries	fruit
<b>Afternoon</b> (always with water)		bananas , multigrain crackers	assorted fruits with plain yogurt and whole wheat	apples , whole wheat crackers	trail mix , apples	oranges , whole wheat raisin bread

