



Oak Park Weekly Meal Plan

Dates: Mar 19 -23 , 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 | whole wheat spaghetti and beef sauce | cauliflower cheddar soup | chicken veggie casserole | salmon sandwiches |
| | <u>Bread or Alternative</u> | brown rice | garlic bread | sliced chicken and multigrain saltines | 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 |

