



Oak Park Weekly Meal Plan

Dates: Mar 5 -9 ,2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)		whole wheat mealba toast , jam and apples	krispies cereal , cucumbers	whole wheat bagels , Tzatziki dip and carrots	breakfast pitas, fruit	multigrain cereal, fruit
Lunch	<u>Meat or Alternative</u>	vegetarian chili: beans, pepers and onios	turkey casserole: cr. mushroom, parmesan	creamy vegetable beef barley soup	homemade chicken meatballs	eeg sandwiches
	<u>Bread or Alternative</u>	quinoa salad	whole wheat macaroni	whole wheat buns	brown rice	whole wheat bread
	<u>Vegetable</u>	tomatoes , carrots	broccoli , cauliflower	mixed veaetable	carrots & peas	cucumbers , baby corns
	<u>Beverage</u>	milk , water	milk , water	milk , water	milk , water	milk , water
	<u>Dessert</u>	pears	fresh fruit	strawberries	fruit	assorted fruit
Afternoon (always with water)		whole wheat crackers and fresh fruit	apples , multigrain crackers	bananas , whole wheat triscuit crackers	multigrain saltines and fruit	oranges ,whole wheat crackers

