



Oak Park Weekly Meal Plan

Dates: April 16 -20 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)		plain yogurt , granola and cucumbers	whole wheat raisin bread and fruit	trail mix , fruit	fruit , multigrain crackers	cheerios cereal,peaches
Lunch	<u>Meat or Alternative</u>	beans and cheese quesadillas	creamy pasta primavera: turkey,parmesan cheese	chicken stir-fry	frittata: eggs, potatoes, cheese, milk	salmon sandwiches
	<u>Bread or Alternative</u>	whole wheat tortillas	whole wheat spaghetti	brown rice	whole wheat bread	whole wheat bread
	<u>Vegetable</u>	tomatoes, lettuce	cucumbers , carrots	mixed vegetable	spinach salad with baby tomatoes	tomatoes , peppers
	<u>Beverage</u>	milk , water	milk , water	milk , water	milk , water	milk , water
	<u>Dessert</u>	apples	fresh fruit	bananas	apples	assorted fruits
Afternoon (always with water)		bananas , whole wheat triscuits	multigrain cereal , fruit	fruit , mini pitas, hummus dip	grapes , multigrain saltines	melon , whole wheat crackers

