



# Oak Park Weekly Meal Plan

Dates: April 9 - 13 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b> (always with milk)		whole wheat 12 grain bread, hummus dip, carrots	shreddies cereal , bananas	English muffins , cheese & pears	krispies cereal , peppers	multigrain crackers , and apples
<b>Lunch</b>	<u>Meat or Alternative</u>	baked beans	turkey casserole: cream of mushroom	baked white fish	make your own taco:gr.beef , salsa and sour cream	tuna sandwiches
	<u>Bread or Alternative</u>	brown rice	whole wheat spaghetti	multigrain saltines	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)		trail mix , bananas	assorted fruits with plain yogurt and whole wheat	apples , whole wheat crackers	apples , multigrain crackers	oranges , whole wheat crackers

