



Oak Park Weekly Meal Plan

Dates: Mar 26 - 30 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)		yogurt , granola and fruit	krispies cereal , fruit & peppers	breakfast pita & fruit	shreddies cereal and fruit	
Lunch	<u>Meat or Alternative</u>	taco bake:T.V.P with tomato sauce	kidney beans with tomatoes sauce	chicken & mushroom barley soup	pizza: sauce , turkey , peppers and cheese	C
	<u>Bread or Alternative</u>	whole wheat macaroni	brown rice	whole wheat bread	whole wheat English muffins	L
	<u>Vegetable</u>	carrots , cucumbers	peas & carrots	mixed vegetable	baby corns , tomatoes	O
	<u>Beverage</u>	milk , water	milk , water	milk , water	milk , water	S
	<u>Dessert</u>	bananas	fruit	pears	oranges	E
Afternoon (always with water)		raw vegetable , dip and multigrain crackers	bananas , whole wheat triscuits	assorted fruits , whole wheat crackers	sliced apples, cheese and multigrain saltines	D

