



Oak Park Weekly Meal Plan

Dates: July 2 - 6 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)			Multigrain cereal and bananas	Whole wheat bagels , hummus dip and pears	Trail mix , fresh fruit	Whole wheat melba toast ,fruit jam and apples
Lunch	<u>Meat or Alternative</u>		Kidney beans with tomatoes sauce	Homemade vegetable chicken stew	Flax wraps with turkey and Tzatziki	Egg sandwiches
	<u>Bread or Alternative</u>	CENTER	Brown rice	Whole wheat dinner roll	Flax whole wheat grain tortillas	Whole wheat bread
	<u>Vegetable</u>	CLOSED	Cucumbers and cauliflower	Mixed vegetable	Tomatoes and lettuce	Peppers and tomatoes
	<u>Beverage</u>		Milk and water	Milk and water	Milk and water	Milk and water
	<u>Dessert</u>		Strawberries	Bananas	Apples	Pears
Afternoon (always with water)			Spinach dip, whole wheat bread and apples	Assorted fruits with plain yogurt	Bananas , carrots and whole wheat triscuits	Watermelon and multigrain crackers

