



# Oak Park Weekly Meal Plan

Dates: July 16 - 20 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b> (always with milk)		Plain yogurt granola and cucumbers	Bagels , spinach dip and fruit	Trail mix and fruit	Fruit and multigrain crackers	Multigrain cereal and peaches
<b>Lunch</b>	<u>Meat or Alternative</u>	Beans and cheese quesadillas	Creamy pasta primavera: turkey,parmesan cheese	Chicken stir-fry	Frittata: eggs, potatoes, cheese, milk	Tuna sandwiches
	<u>Bread or Alternative</u>	Whole wheat tortillas	Whole wheat spaghetti	Brown rice	Whole wheat bread	Whole wheat bread
	<u>Vegetable</u>	Tomatoes and lettuce	Cucumbers and carrots	Mixed vegetable	Caesar salad	Tomatoes and peppers
	<u>Beverage</u>	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
	<u>Dessert</u>	Apples	Strawberries	Bananas	Apples	Assorted fruits
<b>Afternoon</b> (always with water)		Bananas and whole wheat triscuits	Multigrain cheerios cereal and pears	Apples , mini pitas and hummus dip	Kiwi , carrot sticks and whole wheat bite crackers	Melon , whole wheat crackers

