



Oak Park Weekly Meal Plan

Dates: July 23 - 27 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)		Whole wheat melba toast , fruit jam and apples	Brown rice krispies cereal and cucumbers	English muffins, Tzatziki dip and carrots	Breakfast pitas and fruit	Multigrain cereal and oranges
Lunch	<u>Meat or Alternative</u>	Confetti quinoa salad with feta cheese	Turkey casserole: cr. mushroom, parmesan	Minted couscous salad with chickpeas	Homemade chicken meatballs	Sloppy joes : gr.beef , onios , sauce
	<u>Bread or Alternative</u>	Garlic bread	Whole wheat macaroni	multigrain saltines	Brown rice	Whole wheat buns
	<u>Vegetable</u>	Mixed veggies	Broccoli and cauliflower	Mixed veagetable	Carrots and peas	Cucumbers and baby corns
	<u>Beverage</u>	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
	<u>Dessert</u>	Pears	Peaches	Strawberries	Pears	Apples
Afternoon (always with water)		Trail mix and oranges	Apples and multigrain crackers	Bananas and whole wheat multigrain saltines	Whole wheat dinner roll , cheese and peppers	Watermelon and whole wheat crackers

