



Oak Park Weekly Meal Plan

Dates: July 30 - Aug 3 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)		12 grain bread , hummus dip and carrots	Multigrain cereal and pears	Multigrain saltines and fresh fruit	Multigrain cheerios cereal and peppers	Whole wheat English muffins, greek yogurt dip and
Lunch	<u>Meat or Alternative</u>	Chickpeas with toamato sauce	Spinach chicken salad	Cheese tuna noodle casserole	Make your own taco:gr.beef , cheese and sour cream	Egg sandwiches
	<u>Bread or Alternative</u>	Brown rice	Garlic bread	whole wheat pasta	Whole wheat tortillas	Whole wheat bread
	<u>Vegetable</u>	Peppers and cucumbers	Mixed vegetable	Broccoli and carrots	Tomatoes and lettuce	Carrots and cucumbres
	<u>Beverage</u>	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
	<u>Dessert</u>	Apples	Peaches	Bananas	Blueberries	Assorted fruits
Afternoon (always with water)		Bananas and multigrain crackers	Raw veggies and whole wheat raisin bread	Apples and whole wheat crackers	Pears and whole wheat triscuits	Melon , whole wheat pita bread

