



Oak Park Weekly Meal Plan

Dates: July 9 - 13 , 2018

Cook: Gladys Avila



MEALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning (always with milk)		Brown rice krispies cereal and pears	English muffins , greek yogurt dip and carrots	Breakfast pita and pears	Sheddies cereal and blueberries	Whole wheat raisin bagels and apples
Lunch	<u>Meat or Alternative</u>	Cabbage roll casserole: gr. beef, rice, onions,	Baked fish fillets	Multigrain penne pasta with ground chicken	Chickpeas with tomato sauce	Salmon sandwiches
	<u>Bread or Alternative</u>	Whole wheat bread	Brown rice	Multigrain penne pasta	Brown rice	Whole wheat bread
	<u>Vegetable</u>	Cucumbers and peppers	Broccoli and cauliflower	Caesar salad with tomatoes	Carrots and peas	Baby corns and zucchini
	<u>Beverage</u>	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
	<u>Dessert</u>	Bananas	Strawberries	Peaches	Bananas	Pears
Afternoon (always with water)		Whole wheat mini pitas, hummus dip and fruits	Oranges and multigrain crackers	Apples, cheese and 12 grain bread	Grapes and multigrain saltines	Melon and whole wheat crackers

