

Mon	Tue	Wed	Thu	Fri
Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher	1 Goulash 8 oz Carrots 4 oz Strawberries 4 oz Garlic bread Milk	2 Scalloped pot. & ham 8 oz Mixed vegetables 4 oz Mandarin oranges 4 oz Wheat roll Milk	3 Meatloaf Mashed pot 4 oz/gravy Peas 4 oz Mixed fruit 4 oz Bread Milk	4 Chicken salad 3 oz on a Bun Broccoli cheese soup 8 oz Hot spiced peaches 4 oz Crackers-2 Milk
7 Spaghetti w/meat sc. 8 oz Combination salad 4 oz Salad dressing Pineapple 4 oz Garlic bread Milk	8 Ham & beans 8 oz Potatoes & onions 4 oz Parslied carrots 4 oz Blueberries 4 oz Cornbread Milk	9 Turkey pot pie 8 oz Cabbage salad 4 oz Pears 4 oz Butterscotch pudding 4 oz (Biscuit) Milk	10 Swedish steak Baked potato/margarine Cauliflower 4 oz Mixed fruit 4 oz Cake Roll Milk	11 Chicken & noodle soup 8 oz Broccoli 4 oz Peaches 4 oz Crackers-2
14 Creamed chicken 4 oz over a Biscuit Mixed vegetables 4 oz Strawberries 4 oz Milk	15 BBQ pork 3 oz on a Bun Corn o brien 4 oz Cole slaw 4 oz Banana Milk	16 Beef and noodle casse- role 6 oz Broccoli/cauliflower salad 4 oz Pears 4 oz Bread Milk	17 Turkey 3 oz/Gravy Mashed potatoes 4 oz/Gravy Cornbread dressing 4 oz Green beans 4 oz Roll Cranberry sauce 4 oz Pumpkin pie square Milk	18 Mexican pork stew 8 oz Mexican rice 4 oz Corn 4 oz Pineapple 4 oz Cornbread Milk
21 Chicken & cheese casse- role 8 oz Broccoli 4 oz Mixed fruit 4 oz Garlic bread Milk	22 Liver & onions in Gravy OR Beef cutlet in Gravy Mashed pot 4 oz/Gravy Peas 4 oz Blushing pears 4 oz Roll Milk	23 Chili with beans 8 oz Combination salad 4 oz Salad dressing Applesauce 4 oz Crackers-2 Cinnamon roll Milk	24 HOLIDAY	25 HOLIDAY
28 Chicken fried steak w/ Cream gravy Mashed potatoes 4 oz/Gravy Green beans 4 oz Peaches 4 oz Roll Milk	29 New England stew 8 oz Hot beets 4 oz Pears 4 oz Cornbread Milk	30 Oven fried fish Tartar sauce Macaroni & cheese 4 oz Spinach 4 oz Strawberries 4 oz Milk	Birthday Day - 10th Choice Day - 22nd Circled Days - meals that freeze well Thanksgiving Holiday Meal -17th	