

NAME: _____

Alternate Meal	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
<i>This meal is only available to congregate participants</i> Tuna Sandwich	2 Hot Beef Sandwich Mashed potatoes/gravy Carrots Tossed Salad Jello/fruit Milk	24 22 10 3 8 12	3 Teriyaki Chicken Tossed Salad Oriental Veggies Brown Rice Wheat Roll Mandarin Oranges Milk	6 3 5 21 28 12 12	4 Beef Stew Tossed Salad Peas & carrots Biscuit Peaches Milk	18 3 10 24 19 12	5 Baked Chicken Rice Pilaf 3 Bean Salad Mixed Veggies Wheat roll Baked apples Milk	.5 22 17 12 28 27 12	6 Beef Patty Mashed Potatoes/gravy Broccoli Apple Cobbler Wheat Roll Milk	0 3 4 23 28 12
Chef Salad	9 Turkey Breast Mashed Potatoes/gravy Green beans Jello w/fruit Wheat roll Milk	3 22 7 7 28 12	10 Roasted Pork Brown Rice/gravy Beets Tossed Salad Wheat roll Mandarin Oranges Milk	1 24 9 3 28 12 12	11 BBQ Chicken Wheat Bun Potato salad Baked beans Fruit Milk	28 16 20 26 20 12	12 Sweet/Sour Meatballs Oriental veggies Tossed Salad Brown Rice Wheat Roll Milk Fruit	12 5 3 21 28 12 13	13 Chicken Salad Tossed Salad Veggie Soup(congr only) Cuke Salad Wheat roll Fruit salad milk	6 3 11 6 28 23 12
Turkey Swiss Sandwich	16 Hamburger/wheat bun Cottage Fried potatoes Coleslaw Lettuce/Tomato/Pickle Apple Crisp Milk	22 21 7 8 36 12	17 Chicken Alfredo Mixed Veggies Cuke Onion Salad Garlic bread Fruit Milk	25 20 6 14 14 12	18 Chili Beets Tossed Salad Cornbread Jello/fruit Milk	33 9 3 28 8 12	19 Chicken Parmesan Spaghetti/marinara Tossed Salad Green Beans Wheat Roll Fruit Milk	15 12 3 7 28 19 12	20 Breakfast Casserole w/turkey sausage Fruit Salad Hash browns Wheat roll Coffee cake Milk	15 31 19 28 43 12
Ham & Cheese Wrap	23 Meat Lasagna Carrots Tossed Salad Pears Garlic bread Cookie Milk	46 7 3 25 14 20 12	24 Baked Fish Peas Coleslaw Fruit Rice Pilaf Bread Stick milk	<1 12 10 14 23 35 12	25 French Toast Scrambled Eggs Potatoes O Brien Fruit Salad Milk	31 6 16 47 12	26 Chicken Tenders O Brien potatoes Squash Tossed Salad Wheat Roll Fruit Milk	13 16 13 3 28 19 12	27 Baked Chicken Mashed Potatoes/gravy Mixed veggies Jello/fruit Milk Roll	<1 22 12 8 12 28
Cottage Cheese in Tomato	30 Beef Stroganoff Tossed Salad Glazed carrots Fruit Wheat roll Cake Milk	22 3 10 13 28 46 12	 <h1 style="font-size: 4em; color: #800040; margin: 0;">April 2018</h1> 							

