

**WEEK 1**

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and Fruit</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Barbeque Beef</b>				2 oz. lean beef	
Barbeque Sauce					1 tbsp. bbq sauce
Whole Grain Hamburger Roll	2 serving= 1 (2 oz.) whole grain hamburger roll				
Baked Beans		1/2 cup baked beans		1/2 cup baked beans	
Cole slaw w/ fruit		1 cup coleslaw (cabbage, carrot and pineapple tidbits)			1 tbsp. coleslaw dressing
Peaches (light, own juice or fresh)		1/2 cup peaches (light, own juice or fresh)			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and Fruit</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Roasted Chicken w/ BBQ Sauce</b>				2 oz. roasted chicken	
Barbequed Sauce					1 tbsp. bbq sauce
Baked Beans		1/2 cup baked beans		1/2 cup baked beans	
Broccoli Salad (with carrot, onion, raisins and mayonnaise)		1 cup broccoli salad (with carrot, onion, raisins and mayonnaise)			1 tbsp. mayonnaise, reduced fat
Pears (light, own juice or fresh)		1/2 cup pears (light, own juice or fresh)			
Whole Grain Wheat Roll	2 serving= 1 (2 oz.) whole grain roll				
1% Milk			1 cup 1% milk		

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Deli Sandwich</b>					
Extra Lean Ham-Can be served only once a mth				1 oz. extra lean ham	
Sliced Turkey				1 oz. sliced turkey	
Swiss Cheese, lo-fat				1 oz. lo-fat Swiss cheese	
lettuce,		2 leaves of lettuce			
sliced tomato and onion		1 slice each or tomato and onion= 1/8 serving			
Whole Grain Hamburger Roll	2 serving= 1 (2 oz.) whole grain hamburger roll				
Green Peas		1/2 cup frozen green peas		1/2 cup frozen green peas	
Green Salad with lettuce, kale, spinach		1/2 cup lettuce; 1/4 cup spinach, 1/4 cup kale			
Italian Dressing					2 tsp. Italian dressing
Fresh fruit		Banana			
Mayonnaise, reduced fat					1 tsp reduced fat mayonnaise
1% Milk			1 cup 1% milk		
FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Roast Turkey #1</b>				2 oz. roasted turkey	
Mashed Potatoes		1/2 cup mashed potato			
Gravy, turkey					2 tsp turkey gravy
Green Beans		1/2 cup green beans			
Whole Wheat Roll (small) w/ margarine	2 serving= 1 (2oz) small whole wheat dinner roll				
Fruit		1/2 cup cranberry and applesauce			
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Baked Cod</b>					
Cod fish				2 oz. fish	
Brown Whole Grain Rice Pilaf	1 serving=1/2 cup brown whole grain rice pilaf				
Coleslaw w/fruit		1 cup coleslaw (cabbage, carrot and pineapple tidbits)			1 tbsp. coleslaw dressing
Whole Wheat Roll (small) w/ margarine	1 serving=1 oz. small whole wheat dinner roll				1 tsp soft margarine
Fresh fruit		1 orange			
1% Milk			1 cup 1% milk		
<b><u>WEEK 2</u></b>					
FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Baked Potato (loaded)</b>		1 medium potato			
Broccoli, steamed		1/2 cup broccoli, steamed			
Grated Cheddar Cheese, lo fat			1/4 cup grated cheddar cheese, lo fat		
Chopped Onion		1/8 cup chopped onion			
Chili Con Carne with Beans				1/4 cup chili con carne with beans	
Salsa		1/2 cup salsa			
Sour Cream			2 tbsp. sour cream		2 Tbsp sour cream
Fruit =Apple crumble	1 Tbsp Oats	1/2 cup Stewed Apple with Oatmeal			
Whole Grain Roll	2 serving= 1 (2 oz. ) whole grain roll				
1% Milk			1 cup 1% milk		

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<b>Beef Pot Pie w/ Biscuit Topping</b> (Lean beef with				2 oz. lean beef (total 1 cup portion of beef pot pie )	
Potatoes,		1/4 cup potatoes			
Carrots,		1/4 cup carrots			
Onions)		1/8 cup onions			
Biscuit Topping	1 serving= 1 oz. biscuit topping				
Green Salad with peas, tomatoes		1/2 cup lettuce; 1/4 cup peas; 1/4 cup tomatoes		1/4 cup peas	
Cheddar Cheese			2 tsp cheddar cheese		
Italian Salad Dressing, lo-fat					2 tsp lo-fat Italian salad dressing
Whole Grain Dinner Roll w/ margarine	1 serving= 1 oz. whole grain dinner roll				1 tsp soft margarine
Berries, fresh		1/2 cup fresh berries			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Breaded Baked Chicken Breast</b>				2 oz. chicken breast	
Whole Wheat Bread Crumbs	2 tbsp. whole wheat bread crumbs				
Lite Ranch Dressing					2 tsp lite ranch dressing (for coating of chicken)
Brown Whole Grain Rice Pilaf	1 cup brown whole grain rice pilaf				
Buttered Green Beans with sliced almonds		3/4 cup butter green beans w/sliced almonds			2 tsp soft margarine
Baked beans				1/2 cup baked beans	

Pineapple w/ Mandarin oranges (light, own juice or fresh)		3/4 cup pineapple and mandarin oranges (light, own juice or fresh)			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Egg Salad Sandwich</b>				1 cup egg salad	
Mayonnaise, reduced fat					1 tbsp. reduced fat mayonnaise
Whole Grain Bread	2 serving= 2 (1 oz.) slices whole grain bread				
Beets		1/2 cup beets			
Potato salad		1/2 cup potato salad			
Fresh fruit		1/2 cup canteloupe			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and Fruit</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Broiled Fish</b>					
(cod, tilapia, lemon pepper)				2 oz. fish	
Stewed Tomatoes		1/2 cup stewed tomatoes			
Whole Wheat Roll (small) w/ margarine	1 serving= 1 (2oz.) whole wheat dinner roll				2 tsp soft margarine
Sauteed spinach with onions		1/2 cup sauteed spinach with onions			1/2 tbsp. coleslaw dressing
Fruit Cocktail (light, own juice or fresh)		1/2 cup fruit cocktail (light, own juice or fresh)			
1% Milk			1 cup 1% milk		

**WEEK 3**

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Pancake breakfast for Lunch</b>					
Whole wheat pancake, product # 3853165	1 serving of whole grain = 3 whole wheat pancakes				
Turkey sausage patties, Product # 7274988				2 Turkey patties	
Sweet potato fries		1/2 cup = 12 sweet potato fries			
V8 Vegetable juice, Product # 1020551		1/2 cup = 1 (5.5 oz can) vegetable juice			
Apple Raisin Crisp	1 serving = 1/2 cup crumble	1/2 cup stewed apples, raisins			
Margarine					1 tsp soft margarine
Fruit = Honey dew melon		1/2 cup Honey dew melon			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Chicken Chow-Mein</b>					
Chicken w/stir fry vegetables.		1 cup stir-fry vegetables		2 oz.-chicken (total 1 1/2 cup chicken chow mein)	
or Chicken Chow-Mein					
Soy Sauce, low sodium					2 tsp low sodium soy sauce
Brown Whole Grain Rice	1/2 cup brown whole grain rice				
Vegetable Egg roll	1 (1 oz) vegetable egg roll				1 tsp Duck sauce
Snap peas		1/4 cup snap peas			
Fruit = fresh orange		1 orange			
1% Milk			1 cup 1% milk		

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<b>Beef Stew</b>					
(Beef Stew, lean				2 oz. lean beef (total 1 1/2 cup portion of beef stew)	
Peas		1/4 cup peas			
Carrots,		1/4 cup carrots			
Onions)		1/8 cup onions			
Brussel sprouts		1/2 cup brussel sprouts			
Whole Grain Bread	2 serving= 2 (1 oz. each) slices whole grain bread				
Margarine					1 tsp soft margarine
Fruit Cocktail (light, own juice or fresh)		1/2 cup fruit cocktail (light, own juice or fresh)			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Pork Chop</b>				2 oz. lean pork chop	
Broccoli		1/2 cup broccoli			
Lima beans		1/2 cup lima beans		1/2 cup lima beans	
Whole Grain Roll	2 serving=1 (2 oz.) whole grain roll				1 tsp soft margarine
Sliced Peaches (light, own juice or fresh)		1/2 cup sliced peaches (light, own juice or fresh)			
1% Milk			1 cup 1% milk		

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Shrimp Scampi</b>					
Shrimp with				3 oz. shrimp (total portion with veg= 1 1/4 cup equiv.)	
Celery and onions,		1/2 cup sautéed onions and celery			
Alfredo Sauce			1/2 cup alfredo sauce		
Whole grain brown rice	1/2 cup brown whole grain rice				
Cole Slaw		1/2 cup coleslaw			1/2 tbsp. coleslaw dressing
Whole wheat bread	1 Serving = 1 (1 oz.) whole wheat bread				
Berries		1/2 cup berries			
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		

## **WEEK 4**

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Grilled Cheese Sandwich</b>					
Whole Grain Bread	2 serving= 2 (1 oz.) slices whole grain bread				
Cheese				2 serving= 2 (1 oz.) slices	
Salad with Romaine Lettuce		1 cup romaine lettuce			
Red Tomato		1/4 cup tomato			
Green Peppers or Sweet peppers		1/4 cup green peppers			
Chickpeas with		1/4 cup chickpeas			
Salad Dressing					2 tsp salad dressing
Fresh fruit = banana		Banana= 1			
1% Milk			1 cup 1% milk		



FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Glazed Chicken</b>				2 oz. chicken	
Honey glaze					1 tbsp. honey glaze
Whole Grain honey wheat roll	2 serving= 2 (1 oz.) whole grain honey wheat roll				
Butter Broccoli Normandy		3/4 cup broccoli normandy			
Pinto beans		1/2 cup pinto beans		1/2 cup pinto beans	
Pear Halves (light, own juice or fresh)		3/4 cup pear halves (light, own juice or fresh)			
1% Milk			1 cup 1% milk		
FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Roast Turkey #2</b>				2 oz. of roasted turkey	
Gravy, turkey					2 tsp turkey gravy
Baked Sweet Potato		1/2 cup sweet potato			
Green Beans		1/2 cup green beans			
Whole Wheat Roll (small) w/ margarine	2 serving=1 (2 oz.) small whole wheat dinner roll				
Margarine					1 tsp soft margarine
Apple Raisin Crisp	1 tbsp. oatmeal topping on crisp	1/2 cup apples and raisins (in crisp)			
1 % Milk			1 cup 1% milk		

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<b>Salisbury Steak</b>					
Salisbury Steak				2 oz. of salisbury steak	
Gravy					2 tsp brown gravy
Mashed Potatoes		1/2 cup of mashed potato			
Buttered Spinach		1/2 cup of buttered spinach			
Fresh fruit = Grapes		1/2 cup grapes			
Whole wheat dinner roll	2 Serving = 1 (2 oz.) whole wheat roll				
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Salmon Cakes (Baked Salmon Filets)</b>					
Salmon Filet				2 oz. of salmon filet	
Peas and Carrots		1/2 cup of peas and carrots		1/4 cup peas	
Sautéed Kale greens		1/2 cup sautéed kale			
Whole Wheat Bread	1 serving = 1 oz. slice of whole wheat bread				
Margarine					1 tsp soft margarine
Peach Upside down Cake	1 serving = 1 oz. piece of cake	1/2 cup peaches (light, own juice or fresh) served with upside down cake			
1% Milk			1 cup 1% milk		

**WEEK 5**

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Stuffed Pasta Shells</b>					
Stuffed Pasta Shells	1 serving= 1 oz. noodles (from stuffed shell)			1 serving= 3 (1oz) stuffed pasta shells w/ ricotta/mozzarella cheese	
Marinara sauce		1/2 cup of marinara sauce			
Cauliflower, Zucchini, Squash medley		1/2 cup of cauliflower, zucchini, squash medley			
Whole Wheat Garlic Bread	1 serving = 1 (1 oz.) piece of whole wheat garlic bread				
Lo-fat Italian Dressing					2 tbsp. lo-fat Italian dressing
Banana		1 banana			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Steak and Green Peppers # 1</b>					
Steak				2 oz. of lean beef cubes	
Sautéed Green peppers		1/2 cup sautéed green peppers			
Brown rice	1 serving = 1/2 cup of brown rice				
Beets		1/2 cup of beets			
Vegetable Egg Roll	1 serving = 1 (1 oz.) vegetable egg roll				
Mandarin Oranges (light, own juice or fresh)		1/2 cup mandarin oranges (light, own juice or fresh)			
1% Milk			1 cup 1% milk		

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Hot Dog- Can be served only once a mth</b>				2 oz. hot dog	
(condiments: ketchup, mustard, onion and pickle relish, onion, pickle relish)					
Whole wheat bun	2 serving = 1 (2 oz.) whole wheat hot dog bun				
Baked Beans		1/2 cup baked beans			
Cole Slaw		1/2 cup coleslaw			1/2 tbsp. coleslaw dressing
Strawberry Shortcake	2 oz. shortbread				
Berries, fresh		1/2 cup berries			
1% Milk			1 cup 1% milk		
FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Chicken a-la King</b>					
chicken				2 oz. diced chicken (total 1 1/2 cup chicken a la king)	
(carrots,		1/8 cup carrots			
onion,		1/8 cup onions			
peas,		1/4 cup peas			
in white sauce)	1/8 cup flour		1/2 cup 1% milk		1 tsp soft margarine
Brown Whole Grain Rice	1/2 cup brown whole grain rice				
Cucumber Salad (cucumber, onion, tomato, kale and Italian dressing)		1/4 cup cucumber & tomato; 1/2 cup kale			2 tsp. Italian dressing
Fruit cup = Peaches		1/2 cup peaches			
Graham Crackers	3 graham crackers				
1% Milk			1 cup 1% milk		

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
Seafood Pasta				3/4 cup of shrimp (total serving w/ noodles=1 1/2 cup)	
Whole Wheat Noodles	1 serving = 1/2 cup whole wheat noodles				
Mayonnaise					2 tbsp. mayonnaise
Broccoli		1/2 cup broccoli			
Carrots		1/2 cup carrots			
Yeast roll	1 serving= 1 oz. yeast roll				
Margarine					1 tsp soft margarine
Grapes, fresh		1/2 cup grapes, fresh			
1% Milk			1 cup 1% milk		

## **WEEK 6**

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
Goulash with Tomato Sauce				2 oz. lean beef	
Macaroni Noodles, whole wheat	1/2 cup cooked whole wheat macaroni noodles				
Tomato Sauce		1/2 cup tomato sauce			
Sliced Carrots		1/2 cup carrots			
Whole Wheat Roll (small) w/ margarine	1 serving=1 oz. small whole wheat dinner roll				
Kidney beans		1/2 cup kidney beans		1/2 cup kidney beans	
Banana		1 banana			
1% Milk			1 cup 1% milk		

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<b>Chicken Patty</b>				3 oz. chicken patty	
Whole Grain Hamburger Roll	2 serving= 1 (2 oz.) whole grain hamburger roll				
Margarine					1 tsp soft margarine
Sweet potatoes		1/2 cup sweet potatoes			
Zucchini		1/2 cup zucchini			
Fruit , Pear, packed in its own juice		1/2 cup pears			
Berries		2 tbsp. berries, fresh			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Cabbage Roll</b>				2-3 oz. lean beef (cabbage roll)	
Whole Wheat Bread	1 serving= 2 (1 oz.) slices of whole wheat bread				
Margarine					1 tsp soft margarine
Cooked buttered peas		1/2 cup cooked peas		1/2 cup cooked peas	
Beets		1/2 cup cooked beets			
Fresh fruit = honey dew		1/2 cup honey dew melon			
1% Milk			1 cup 1% milk		

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<b>Stuffed Pork Chops</b>				2 oz. lean pork	
Cornbread Stuffing	1/2 cup cornbread stuffing				
Gravy					2 tbsp. gravy
Margarine					2 tsp soft margarine
Collard greens, sauteed		1/2 cup sauteed collard greens			
Green Beans		1/2 cup green beans			
Rye bread, slice	1 serving=1(1 oz.) slice rye bread				
Applesauce, unsweetened		1/2 cup applesauce, unsweetened			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Stuffed Tomato with</b>		1 serving= 1/2 cup tomato			
<b>Tuna Salad</b>				1/2 cup tuna salad serving (includes mayonnaise, celery and onion)	2 tbsp. mayonnaise
Corn Relish		1/2 cup corn relish			
Whole wheat bread	2 serving= 2 (1 oz.) slices whole wheat bread				
Broccoli		1/2 cup broccoli			
Grapes		1/2 cup grapes			
1% Milk			1 cup 1% milk		

**WEEK 7**

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Vegetarian Lasagna</b>	1/2 cup noodles			1/2 cup cheese (from lasagna)	
Salad (with lettuce, shredded carrots, cabbage)		2 cup lettuce (=equals 1 cup veg. equivalent)			
added Kidney Beans				1/4 cup kidney beans	
Shredded Cheese				1/4 cup shredded cheese	
Whole wheat garlic bread	1 serving= 1 (1 oz.) slices whole wheat garlic bread				
Lo-fat dressing					2 tsp lo-fat dressing
Peaches (light, own juice or fresh)		1/2 cup peaches (light, own juice or fresh)			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Shepherd's Pie</b>					
Ground beef				2 oz. lean ground beef	
Peas and Carrots		1/2 cup peas and carrots		1/4 cup peas	
Mashed potatoes		1/4 cup mashed potatoes			
Whole Grain Roll (small) w/ margarine	2 serving=1 (2 oz.) whole grain dinner roll				1 tsp soft margarine
Spinach Salad		1/2 cup of spinach salad			
Lo-fat Italian Dressing					2 tbsp. lo-fat Italian dressing
Apple		1 whole apple (= 1 fruit equivalent)			
1% Milk			1 cup 1% milk		



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<b>Meatball Sub</b>					
Turkey Meatballs				2 oz. = 2 (1 oz.) Turkey meatballs	
Whole Wheat Roll	2 serving=1 (2oz) whole wheat dinner roll				
Mozzarella Cheese- part skim			1 tbsp. mozzarella cheese		1 tbsp. mozzarella cheese
Tomato Sauce		1/4 cup tomato sauce			
Broccoli		3/4 cup broccoli			
Cantaloupe		1/2 cup cantaloupe			
1% Milk			1 cup 1% milk		
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<b>Fajita Wrap with Chicken</b>				2 oz. chicken	
Whole wheat pita	1 serving=1 oz. whole wheat pita				
Green Peppers		1/2 cup thinly sliced green peppers			
Onions		1/8 cup thinly sliced onions			
Shredded Cheddar Cheese			1/4 cup shredded cheddar cheese		
Spanish Rice	1/2 cup Spanish rice				
Refried Beans		1/2 cup refried beans		1/2 cup refried beans	
Salsa		2 tbsp. salsa			
Fresh fruit, small banana		1 small banana			
1% Milk			1 cup 1% milk		

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<b>Tuna and Noodles</b>					
Tuna				3 oz. tuna (total w/ noodles=1 cup equiv)	
Whole Wheat Noodles	1/2 cup whole wheat noodles				
Peas and Carrots		1 cup peas and carrots		1/2 cup peas	
Whole Wheat Roll (small) w/ margarine	1 serving=1 oz. small whole grain dinner roll				
Margarine					1 tsp soft margarine
Apricots (light, own juice or fresh)		1/2 cup apricots (light, own juice or fresh)			
1% Milk			1 cup 1% milk		

**WEEK 8**

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Chili con Carne with Beans</b>				1 cup chili con carne with beans	
Whole wheat tortilla	1 serving=1 oz. whole wheat tortilla				
Tortilla Chips	1 serving= 1 oz. of tortilla chips				
Ranchero beans		1/2 cup ranchero beans		1/2 cup ranchero beans	
Lettuce Salad with		2 cup lettuce (=equals 1 cup veg. equivalent)			
Shredded carrot		2 tbsp. shredded carrot			
Italian Dressing, low fat					2 tsp. Italian dressing
Cheddar Cheese, shredded low fat			1/4 cup shredded low fat cheddar cheese		
Lo-fat Sour Cream			2 tbsp. sour cream		
Fresh Fruit = canteloupe cubes		1/2 cup canteloupe cubes			
1% Milk			1 cup 1% milk		

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<b>Stuffed Peppers</b>	1/8 cup of rice from stuffed pepper			2 oz. beef (in pepper)	
(Green Pepper)		1/8 cup green pepper			
Marinara sauce		1/4 cup of marinara sauce			
Rosemary potatoes		1/2 cup rosemary potatoes			
Whole wheat garlic bread	2 servings = 1 (2 oz.) of whole grain garlic bread				
Salad of Romaine Lettuce		1 cup romaine lettuce (=equals 1/2 cup veg. equivalent)			
Shredded Carrots		1/4 cup shredded carrots			
Red Kidney Beans		1/4 cup red kidney beans		1/4 cup red kidney beans	
Shredded Cheddar Cheese			1 tsp of shredded cheese		
Italian Dressing, low fat					2 tsp. Italian dressing
Honey dew melon, fresh		1/2 cup of honey dew melon, fresh			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Fried Chicken</b>				2 oz. chicken	
Creamy spinach		1/2 cup of Spinach			
Green Beans		1/2 cup green beans			
Apple		1 whole apple (= 1 fruit equivalent)			
Whole Grain Roll w/ margarine	2 serving= 2 oz. whole grain roll				
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Meat Lasagna</b>	1 serving = 1 (1 oz.) portion of lasagna (noodle)			2 oz. lean ground beef	
Tomato Sauce,		1/4 cup tomato sauce			
Mozzarella, lo-skim			1/4 cup mozzarella, lo-skim		
Whole wheat garlic bread	1 servings = 1 (1 oz.) of whole grain garlic bread				
Broccoli		1/2 cup Broccoli			
Summer Squash		1/2 cup Summer Squash			
Banana		1 small banana			
Lo-fat Italian Dressing					2 tbsp. lo-fat Italian dressing
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Tuna Salad Cold Plate</b>					
Tuna Salad				1 cup tuna salad	
(made with mayonnaise)					2 tbsp. mayonnaise
mattress of lettuce		2 lettuce leaves			
Whole wheat pita	2 serving = (2 oz.) Whole wheat pita				
Tomato Wedges		1 serving=1/2 cup (1/2 tomato)			
Cheese Cubes, low fat			1 serving=2 cubes of low fat cheese		
Green Pepper Sticks		1/4 cup= 2 green pepper sticks			
Carrot Sticks		1/4 cup= 2 carrot sticks			
Celery Sticks		1/4 cup= 2 celery sticks			
Mandarin Oranges (light, own juice or fresh)		1/2 cup mandarin oranges (light, own juice or fresh)			

1% Milk			1 cup 1% milk		
<b>WEEK 9</b>					
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Braised Beef Brisket</b>					
Beef Brisket lean				2 oz. lean beef brisket	
Roasted Potatoes		1/2 cup roasted potatoes			
Green beans		3/4 cup green beans			
Whole Grain Wheat Bread	2 serving= 2 (1 oz. each) slices whole grain bread				
Red grapes, fresh		1/2 cup red grapes, fresh			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Chicken Cordon Bleu</b>				3 oz. chicken cordon bleu	
Brown Whole Grain Rice	1/2 cup brown whole grain rice				
Steamed Broccoli		1/2 cup steamed broccoli			
Carrots		1/2 cup carrots			
Whole Grain Wheat Bread	1 serving = 1 oz. slice whole grain wheat bread				
Margarine					1 tsp soft margarine
Banana		1 serving = 1 small banana			
1% Milk			1 cup 1% milk		

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Ham with Pinto Beans</b>					
Ham				2 oz. lean ham	
Pinto beans		1/2 cup pinto beans		1/2 cup pinto beans	
Roasted Sweet Potatoes		1/2 cup roasted sweet potatoes			
Apple		1 serving= 1 fresh apple (1/2 cup)			
Margarine					1 tsp soft margarine
Whole Wheat Roll	2 serving= 1 (2 oz.) whole wheat dinner roll				
1% Milk			1 cup 1% milk		
FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Sloppy Joes</b>				2 oz. lean ground beef	
Whole Grain Roll	2 serving=1 (2 oz.) whole grain roll				
Sauteed peas and carrots		1/2 cup sauteed peas and carrots		1/4 cup peas	
Broccoli		1/2 cup broccoli			
Pear fruit cup		1/2 cup pear fruit cup			
1% Milk			1 cup 1% milk		

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Mexican Day: Vegetarian Enchiladas</b>					
Enchiladas, Product # 8020067	1 serving = 2 Enchiladas				
Spanish rice, made with brown rice	1 serving = 1/2 cup brown rice				
Black beans		1/2 cup black beans		1/2 cup black beans	
Salsa		1/2 cup salsa			
Guacamole		1/4 cup guacamole			
Sour Cream					1 Tbsp Sour cream
Apricot		1/2 cup canned apricots			
1% Milk			1 cup 1% milk		
<b><u>WEEK 10</u></b>					
FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Chicken and Dumplings</b>	1 dumpling =(1 oz. equivalent)			2 oz. chicken (total 1 cup portion of chicken and dumplings)	
Peas		1/2 cup peas		1/2 cup peas	
Vegetable Juice		1/2 cup vegetable juice			
Whole Wheat Roll	1 serving=1 oz. small whole wheat dinner roll				
Margarine					1 tsp soft margarine
Apple Cranberry Sauce		1/2 cup apple cranberry sauce			
1% Milk			1 cup 1% milk		



<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Chuck Wagon Patty</b>					
Beef Patty with				2 oz. lean beef	
Gravy					2 tbsp. brown gravy
Parsley Potatoes		1/2 cup parsley potatoes			
Pinto beans		1/2 cup pinto beans		1/2 cup pinto beans	
Whole Grain Bread	2 serving= 2 (1 oz.) slices whole grain bread				
Margarine					1 tsp soft margarine
Banana		1 small banana			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Chicken Salad</b>				2 oz. chicken (total 1/2 cup portion of chicken salad)	
Mayonnaise, reduced fat					2 tbsp. reduced fat mayonnaise
Celery, Chopped		1/8 cup celery chopped			
Spinach salad		1 cup spinach salad = 1/2 veg. equivalent)			
French Salad Dressing, lo-fat					1 tbsp. lo-fat French salad dressing
Grapes, fresh		1/2 cup fresh grapes			
Celery Sticks		2 sticks celery			
Cheese Cubes, low fat			1 serving=2 cubes of low fat cheese		
Whole wheat pita	2 serving = (2 oz.) Whole wheat pita				
Honey dew melon		1/2 cup honey dew melon			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>

<b>Meat Loaf</b>				2 oz. meat loaf	
Sliced Beets		1/2 cup sliced beets			
Sauteed collard greens		1/2 cup sauteed collard greens			
Margarine					1 tsp soft margarine
Whole Wheat bread	2 serving = 2 (1 oz.) slices of whole wheat bread				
Mandarin Orange		1/2 cup mandarin oranges (light, own juice or fresh)			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Turkey Day: Turkey Burgers</b>					
Lean ground turkey patty, Product # 2364959				2 oz turkey patty	
Whole grain burger buns	2 servings = 2 (1 oz) slices of whole wheat burger buns				
Avacado puree		1 Tbsp avacado puree			1 Tbsp avacado puree
Corn,Black beans blend		1/2 cup corn,black beans		1/4 cup black beans	
Sweet potato fries		12 pieces sweet potato fries			
Canteloupe cubes		1/2 cup canteloupe cubes			
1% Milk			1 cup 1% milk		

**WEEK 11**

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
Stuffed Tomato with		1 serving= 1/2 cup tomato			
Chicken Salad				1/2 cup chicken salad serving (includes mayonnaise, celery and onion)	2 tbsp. mayonnaise
Corn Relish		1/2 cup corn relish			
Whole wheat bread	2 serving= 2 (1 oz.) slices whole wheat bread				
Grapes		1/2 cup grapes			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
Swiss Steak				2 oz. lean Swiss steak	
Gravy (mushroom)					2 tbsp. mushroom gravy
Mashed Potatoes		1/2 cup mashed potatoes			
Whole wheat bread	2 serving= 2 (1 oz.) slices whole wheat bread				
Margarine					2 tbsp. soft margarine
Spinach		1/2 cup spinach			
Applesauce, unsweetened		1/2 cup applesauce, unsweetened			
1% Milk			1 cup 1% milk		

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Taco Salad</b>					
Seasoned Taco Meat				1/2 cup lean ground beef seasoned	
Whole wheat tortilla	1 serving=1 oz. whole wheat tortilla				
Diced Tomatoes		1/4 cup diced tomatoes			
Lettuce		1 cup lettuce (=equals 1/2cup veg. equivalent)			
Black Beans		1/2 cup black beans		1/2 cup black beans	
Taco chips	1/2 cup=1 oz. taco chips				
Grated Cheese			1/8 cup grated cheese		
Sour Cream			1 tbsp. sour cream		1 tbsp sour cream
Tomato Salsa		1/2 cup tomato salsa			
Apple Crisp		1/2 cup apple crisp			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Veal Parmesan</b>				2 oz. lean veal	
Grated Mozzarella, lo fat			1/4 cup grated mozzarella, lo-fat		1/4 cup grated low-fat mozzarella
Whole wheat Spaghetti	1/2 cup whole wheat spaghetti				
Sauteed kale greens		1/2 cup sauteed kale greens			
Whole wheat garlic bread	1 serving= 1 (1 oz.) slices whole wheat garlic bread				
Diced sweet yam		1/2 cup diced sweet yam			
Orange		1 small orange			
1% Milk			1 cup 1% milk		

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Chicken and Noodles</b>				2 oz. chicken (total 1 cup portion of chicken and noodles)	
Whole Wheat Noodles	1/2 cup whole wheat noodles				
Peas		1/2 cup peas		1/2 cup peas	
Vegetable Juice		1/2 cup vegetable juice			
Whole Wheat Roll	1 serving=1 oz. small whole wheat dinner roll				
Margarine					1 tsp soft margarine
Applesauce with Cranberry Sauce		1/2 cup cranberry sauce			
1% Milk			1 cup 1% milk		
<b><u>WEEK 12</u></b>					

FOOD GROUP	GRAIN	VEGETABLE and FRUIT	Dairy Foods	Protein Foods	Oils/ Desserts/ Empty Calorie Foods
<b>Cheeseburger</b>					
Hamburger				2-3 oz. lean ground beef	
Whole Grain Hamburger Roll	2 servings= 1 (2 oz. ) whole grain hamburger roll				
Cheese			1 serving = 1 oz. slice of cheese		1 ( 1 oz) slice of cheese
French fries		1 serving =1/2 cup French fries			
Sliced Tomato		1/4 serving= 1-2 slices of tomato			
Lettuce		2 leaves of lettuce			
Onion		1/8 serving = 2 tbsp. dices onion			
Green Beans		1/2 cup green beans			
Banana		1 small banana			
1% Milk			1 cup 1% milk		

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Spaghetti with Meatballs</b>					
Whole grain Spaghetti	1 serving = 1/2 cup whole grain spaghetti				
<b>Turkey Meatballs</b>				2 oz. of lean ground Turkey meatballs	
Sauce		1/4 cup of tomato sauce			
Broccoli		1/2 cup broccoli			
Sweet potato fries		12 sweet potato fries			
Lo fat, dressing					2 tbsp. salad dressing
Whole Grain Garlic bread	1 serving = 1 (1 oz.) slice of whole grain garlic bread				
Peaches (light, own juice or fresh)		1/2 cup peaches (light, own juice or fresh)			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Steak and Green Peppers #2</b>					
Steak				2 oz. of lean beef cubes	
Green pepper, sautéed		1/2 cup Sautéed green peppers			
Brown rice	1 serving = 1/2 cup of brown rice				
Lima beans		1/2 cup of lima beans		1/2 cup of lima beans	
Applesauce with cranberries		1/2 cup applesauce with cranberries			
Whole Grain Roll (small) w/ margarine	1 serving= 1(1 oz.) of small whole grain dinner roll				
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Shrimp and Grits</b>					
Shrimp				3/4 cup cooked shrimp	
Grits	1/2 cup grits				
Pinto beans		1/2 cup pinto beans		1/2 cup pinto beans	
Cole Slaw		1/2 cup coleslaw			1/2 tbsp. coleslaw dressing
Whole wheat bread	1 Serving = 1 (1 oz.) whole wheat bread				
Peaches		1/2 cup peaches			
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Italian Day</b>					
Tortellini pasta salad with Chicken	1/2 cup Tortellini pasta				
Chicken				2 oz chicken strips	
Pesto sauce		2 tbsp Pesto sauce			2 tbsp pesto sauce
Tomato salad		1/2 cup diced tomatoes, 1/4 cup bell pepper, 1/4 cup shredded carrots, scallions, 8 olives			
Salad Dressing					2 tsp lo-fat dressing
Whole grain dinner roll	1 serving = 1 (1 oz.) whole grain dinner roll				
Fresh fruit = Grapes		1/2 cup grapes			
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		

**WEEK 13**

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Hawaiian Ham</b> Ham				2 oz. of lean ham	
Au Gratin Potatoes		1/2 cup of au gratin potatoes			
Sauteed brocolli		1/2 cup of sauteed brocolli			
Pineapple (light, own juice or fresh)		1 serving = 3 pineapple slices =1/2 cup (light, own juice or fresh)			
cherry, garnish		1 cherry, garnish			
Whole Grain Roll w/ margarine	2 serving= 1 (2oz) whole grain roll				1 tsp soft margarine
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Greek day: Greek chicken pasta</b>					
Whole grain Penne pasta	1 serving = 1/2 cup whole grain penne pasta				
Chicken strips				2 oz chicken strips	
Red onions for pasta		1/8 of a cup red onions			
artichokes for pasta		1/4 cup artichokes			
feta cheese for pasta			1 Tbsp of feta cheese		1 Tbsp feta cheese
Garbanzo bean salad: made of garganzo beans, zucchini, red bell pepper		1/2 cup garbanzo beans		1/2 cup garbanzo beans	
		1/4 cup zucchini			
		1/4 cup red bell pepper			
Sauce for salad: plain yoghurt, mayo, chopped mint		1 tsp chopped mint			1 Tbsp sauce
Whole wheat dinner roll	1 Serving = 1 (1 oz.) whole wheat dinner roll				



Margarine					1 tsp soft margarine
Clementines		1 small clementine			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Eggplant parmesan</b>					
Eggplant cutlet				2 oz portion size eggplant cutlet	
Marinara sauce		1/2 cup marinara sauce			
Whole wheat spaghetti	1 serving = 1/2 cup whole wheat spaghetti				
Garlic bread	1 serving = 1 (1 oz) slice of garlic bread				
Garbanzo beans, cucumber salad		1/2 cup cup garbanzo beans, 1 Tbsp diced cucumber		1/2 cup cup garbanzo beans	
Lo-fat dressing					2 tsp lo-fat dressing
Green beans		1/2 cup green beans			
Canned peaches		1/2 cup canned peaches			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Corned Beef and Cabbage</b>					
Corned Beef				2 oz. lean corned beef	
Cabbage		1/2 cup cabbage			
Boiled Potatoes		1/2 cup boiled potatoes			
Carrots		1/2 cup carrots			
Pumpernickel bread	2 serving=2 (1 oz.) slice pumpernickel bread				
Strawberries		1/2 cup strawberries			

1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
Baked Tilapia				2 oz portion size baked fish	
Garlic mashed potatoes		1/2 cup mashed potatoes			
Stewed tomatoes		1/2 cup stewed tomatoes			
Corn meal muffin	2 servings = 1 (2 Oz) portion size corn meal muffin				
Canned peaches		1/2 cup canned peaches			
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		
<b><i>WEEK 14</i></b>					
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Chinese day: Chicken teriyaki</b>					
Chicken strips				2 oz cooked chicken strips	
teriyaki sauce					2 tbsp teriyaki sauce
Brown rice	1/2 cup brown rice				
Steamed carrots with ginger		1/2 cup steamed carrots, ginger 1 tsp			
Snap peas		1/2 cup snap peas		1/2 cup snap peas	
Vegetable spring roll	1 serving = 1 ( 1 oz) portion vegetable spring roll				
Canned pear		1/2 cup canned pear			
1% Milk			1 cup 1% milk		

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Latin roasted pork</b>				2 oz roasted pork	
cuban style black beans		1/2 cup black beans		1/2 cup black beans	
Brown rice	1/2 cup brown rice				
Yam		1/2 cup yam			
canteloupe cubes		1/2 cup canteloupe cubes			
Whole wheat dinner roll	1 Serving = 1 (1 oz.) whole wheat dinner roll				
Margarine					1 tsp soft margarine
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Braised Beef Tips</b>					
Beef Tips				2 oz. lean beef tips	
Whole Wheat Noodles	1/2 cup whole wheat noodles				
Sauteed spinach		1/2 cup sauteed spinach			
Lettuce with a		1 cup lettuce (=equals 1/2 cup veg. equivalent)			
Tomato Wedge		1/8 cup=1/4 tomato			
Whole Wheat Dinner Roll	1 serving=1 oz. small whole wheat dinner roll				
Margarine					1 tsp soft margarine
Sliced Pears		1/2 cup sliced pears			
1% Milk			1 cup 1% milk		

<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Spinach Ravioli</b>					
Spinach & Cheese filled Ravioli, Product # 8813171	1 serving = 8 - 10 pieces of Ravioli			8 - 10 Ravioli with Cheese, spinach filling	
Broccoli		1/2 cup broccoli			
Steamed carrots		1/2 cup steamed carrots			
Apple crumble with oatmeal topping		apple crumble with 1/2 cup oatmeal topping			
1% Milk			1 cup 1% milk		
<b>FOOD GROUP</b>	<b>GRAIN</b>	<b>VEGETABLE and FRUIT</b>	<b>Dairy Foods</b>	<b>Protein Foods</b>	<b>Oils/ Desserts/ Empty Calorie Foods</b>
<b>Pollock fish tacos</b>					
Fish sticks, Product # 6988182				3 fish sticks	
Black bean, corn relish		1/4 cup black beans for relish		1/4 cup black beans	
		1/4 cup corn for relish			
6" whole grain soft Tortilla	2 servings = 2 soft tortilla				
Stewed tomatoes		1/2 cup stewed tomatoes			
Fresh fruit = watermelon or honey dew melon		1/2 cup watermelon or honey dew melon			
1% Milk			1 cup 1% milk		