

## CM & HDM Meal Pattern Worksheet – VPAS: Harrisonburg & Rockingham

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Turkey A La King - 3oz Egg Noodles – 4 oz Italian Green Beans -4oz Peach Slices – 4 oz WW Dinner Roll – 2 oz Assorted Milk	Chicken Patty on WW Bun - 3oz Potato Wedges-4oz Lima Beans-4oz Sliced Pears-4oz Assorted Milk-8oz	Chicken Alfredo-4oz Brussel Sprouts-4oz Penne Pasta – 4 oz Canned Pears-4oz WW Dinner Roll-2oz Assorted Milk-8oz	Open Face Roast Beef and Gravy on WW Bread 3oz/2oz Mashed Potatoes-4oz Mixed Vegetables-4oz Fresh Banana-1 ea Assorted Milk 8oz	Herb Baked Chicken Breast -3oz Macaroni and Cheese-4oz Spinach-8oz Fresh Fruit in Season 1 ea Assorted Milk-8oz
Week 2	Beef & Bean Chili – 8 oz Brown Rice – 4 oz Cauliflower – 4oz Fresh fruit in season – 1 each Corn Muffin – 1 each Assorted Milk – 8 oz	Hamburger on WW Bun -3oz Corn -4oz Potato Salad -4oz Watermelon Wedge – 1 each Assorted Milk -8oz	Baked Mac & Cheese – 4oz Broccoli Cuts – 4 oz Brussel Sprouts – 4 oz Canned Pears – 4 oz Dinner Roll – 2 oz Assorted Milk – 8 oz	Lemon Pepper Grilled Chicken-3oz Baked Beans-4oz Buttered Peas-4oz Fresh Apple WW Dinner Roll-1each Assorted Milk-8oz	Old Fashioned Beef Stew -8oz Egg Noodles-4oz Spinach-4oz Peach Slices-4oz WW Dinner Roll-2oz Assorted Milk-8oz
Week 3	BBQ Riblet Sandwich on WW Bun -3oz Brown Rice-4oz Sliced Zucchini and Tomatoes-4oz Pineapple-4oz Assorted Milk-8oz	Herb Baked Chicken Breast -3oz Macaroni and Cheese-4oz Spinach-8oz Fresh Fruit in Season 1 ea. WW Dinner Roll-2oz Assorted Milk-8oz	Traditional Meatloaf-3oz Fresh Sliced Scallop Potatoes-4oz Lima Beans-4oz Sliced Pears-4oz Dinner Roll-2oz Assorted Milk-8oz	Chicken Nuggets-3 oz (4 nuggets) Mashed Potatoes-4oz Mixed Vegetables-4oz Fresh Banana-1 ea. WW Dinner Roll-2oz Assorted Milk 8oz	Sloppy Joe-3oz Five Way Veg-4oz Cole Slaw-4oz Fresh Fruit Whole Wheat Hamburger Bun-1each
Week 4	Glazed Ham- 3oz Rice Pilaf- 4oz Peas- 4oz Canned Pears- 4oz WW Dinner Roll-2oz Assorted Milk- 8oz	Spaghetti-4oz Meat Sauce-4oz Green Beans-4oz Fresh Banana-1ea WW Dinner Roll-2oz Assorted Milk-8oz	Turkey Burger-3oz 1 Cup Garden Salad Green Pea 4oz Mayo Mustard PCs-1ea Sliced Cheese- 1 slice Whole Wheat Kaiser Roll-1ea Watermelon Cube 4oz Assorted Milk 8oz	Roast Eye of Round-3oz Beef Gravy- 2oz Roasted Herb Potatoes-4oz Carrots- 4oz Applesauce-4oz WW Dinner Roll-2oz Assorted Milk- 8oz	Roast Turkey-3oz Turkey Gravy-2oz Country Mash Potatoes-4oz Chopped Spinach-4oz Fresh Fruit- 1each WW Dinner Roll-2oz Assorted Milk-8oz
Week 5	Roast Pork on WW Bun –3oz Baked Potato– 4 oz Peas-4oz Fresh Fruit Assorted Milk-8oz	Meat Lasagna-1ea Italian Mix Veg-8oz Fresh Orange-1ea WW Dinner Roll-2oz Assorted Milk-8oz	Chicken Salad Sandwich on wheat-3oz/2 Slices 1 Cup Garden Salad Vegetable Blend 4oz Mayo PC’s 1 each Fresh Orange 1 ea. Assorted Milk-8oz	Marinated Chicken Breast - 3 oz Baked Potato – 1 each Sliced Carrots – 4 oz Fresh Banana – 1 each WW Dinner Roll – 2 oz Assorted Milk – 8 oz	Hamburger on WW Bun – 3oz/2oz Oven Roasted Potatoes – 4 oz Green Peas – 4 oz Fresh Fruit – 1 each Assorted Milk – 8oz