



Week 1 *Tuesday*

*Pick-up from 4-6 p.m.*

Nutrition and calorie count information are centered on the cycle of the complete menu which includes your low or fat-free milk.

|                  | <b>Breakfast</b>   | <b>Lunch</b>  | <b>Dinner</b>  |
|------------------|--|---|--|
| <b>Tuesday</b>   |  |   | Tilapia in Corn Husk, Tossed Salad, Brownie, Fruit Pizza, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk   |
| <b>Wednesday</b> | Dominic's Fluffy Omelet, Orange Slices, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk | Creamy Deli Style Pasta, Salad Fresh Grapes, 3 (8 oz) glasses of water                            | Juicy Un-fried Chicken, Brenda's Sweet Coleslaw, Angel food cake with caramel sauce, Fruit Pizza, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk |
| <b>Thursday</b>  | Blueberry Coffee Cake, Fresh Fruit 3 (8 oz) glasses of water and 8 oz glass of low-fat milk      | Jumbo Mexican Beef Salad, 3 (8 oz) glasses of water   | Spaghetti Squash with Chili, Mouth Watering Lemon Pie, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk  |
| <b>Friday</b>    | Carrot-Pinapple Bread, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk                  | Dijon mushroom beef, Asparagus spears with chilled squash, Carrot soup, 3 (8 oz) glasses of water | <b>1-877-216-3257</b><br>Reserve your meals for next week every Friday. Chandra's Healthy Eating reserves the right to make menu substitutions.            |



Week 1 *Friday*

*Pick-up from 4-6 p.m.*

Nutrition and calorie count information are centered on the cycle of the complete menu which includes your low or fat-free milk.

|                 | <b>Breakfast</b>   | <b>Lunch</b>   | <b>Dinner</b>   |
|-----------------|--|--|---|
| <b>Friday</b>   |  |  | Tuna-Noodle Casserole, Steamed Broccoli, Orange Chocolate Cake 2 (8 oz) glasses of water and 8 oz glass of low-fat milk                         |
| <b>Saturday</b> | Savory Brunch Strudel, Fresh Fruit, Orange Juice, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk | Manhattan Clam Chowder, Turkey Sandwiches, Berry Cream Cheese, 3 (8 oz) glasses of water | Curry Chicken and Fruit Salad, Fiesta Stuffed Peppers, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk                                 |
| <b>Sunday</b>   | Apple Cinnamon Bread, Strawberries, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk               | Mexican Lasagna, Toss Salad, Chocolate Chip Cookies, 3 (8 oz) glasses of water           | Glazed Turkey Kabobs, Maple Mustard Carrots, Potato Salad 2 (8 oz) glasses of water and 8 oz glass of low-fat milk                              |
| <b>Monday</b>   | Baked French Toast with Orange Syrup, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk             | Spicy Chili Mac, Fresh Vegetables, 3 (8 oz) glasses of water                             | Spicy French Dip, Egg Plant Relish Potato Salad, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk                                       |
| <b>Tuesday</b>  | Hot-Five grain cereal with honey, Fruit, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk          | Chunky Minestrone, Tree Bean Salad, 3 (8 oz) glasses of water                            | <b>1-877-216-3257</b><br>Reserve your meals for next week every Friday. Chandra's Healthy Eating reserves the right to make menu substitutions. |