



Week 2 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.

	Breakfast	Lunch	Dinner
Tuesday			Sizzling Chicken Tacos, Fresh Fruit, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Wednesday	Sunshine Scramble with Wheat Toast, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Chicken fingers with honey sauce, Fresh Fruit, Broccoli, 3 (8 oz) glasses of water	Broccoli casserole, Berry lemon trifle, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Thursday	Oatmeal, Cinnamon Applesauce, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Cheesy Stuffed Potato, Fresh Fruit Broccoli, 3 (8 oz) glasses of water	Turkey Fajitas, Mini Cheesecakes, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Friday	Blueberry Bagel, Blueberry Cream Cheese, Grape Juice, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Pasta Prima vera 3 (8 oz) glasses of water	1-877-216-3257 Reserve your meals for next week every Friday. Chandra's Healthy Eating reserves the right to make menu substitutions.



Week 2 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.

	Breakfast	Lunch	Dinner
Friday			Mexican Chili Cheese Burger, Chili Fries, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Saturday	Puffy Pineapple Ham Pancake, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Spinach Manicotti, Fresh Vegetables, 3 (8 oz) glasses of water	Turkey Rubens, Fudge Brownies, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Sunday	Midwest Breakfast Burritos, Orange Juice, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Hot and Sweet Barbecued Chicken, Corn on the Cob, 3 (8 oz) glasses of water	Fresh Pepper Pasta, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Monday	Apple filled Muffin, Cran-Apple Juice, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Angel Hair Pasta, Garlic Bread, 3 (8 oz) glasses of water	Broccoli Tomato Penne, Turkey Tomato Pizza, Key Lime Pie, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Tuesday	Bran Muffin, Fruit, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Sweet-N-Tangy Pot Roast, 3 (8 oz) glasses of water	1-877-216-3257 Reserve your meals for next week every Friday. Chandra's Healthy Eating reserves the right to make menu substitutions.