



## Week 3 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>			Cornmeal Crusted Cat Fish, Garden Salad, Baked Potato, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
<b>Wednesday</b>	Boiled Egg, Wheat Toast, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Curried Tuna Salad, Toasted Pecans, 3 (8 oz) glasses of water	Pesto Pepper Pizza, Double Chocolate Cupcake, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
<b>Thursday</b>	Apricot Scones, Applesauce, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Grilled Chicken Salad with Honey, Mustard Dressing, Fruit Kabobs, 3 (8 oz) glasses of water	Easy Mac and Cheese, Fresh Vegetables, Mini Cheese Cakes, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
<b>Friday</b>	Raspberry Crumble Muffins, Tropical Smoothie, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Beef Kabobs, Rice, 3 (8 oz) glasses of water	<b>1-877-216-3257</b> Reserve your meals for next week every Friday. Chandra's Healthy Eating reserves the right to make menu substitutions.



## Week 3 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>			Grilled Creole Snapper with Roasted, Asparagus, Vegetables, Chocolate Chip Cookies, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
<b>Saturday</b>	Mexican Style Scrambled Eggs, Wheat Toast, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Spinach Quiche, Fresh Vegetables, 3 (8 oz) glasses of water	Hawaiian Cornish Hen, Vegetables, Glazed Lemon Bars, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
<b>Sunday</b>	Sticky Buns, Orange Juice, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Cesar Turkey Subs, 3 (8 oz) glasses of water	Three Cheese Quesadillas, No Bake Cookies, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
<b>Monday</b>	Eggs Florentine, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Mushroom Mozzarella Risotto, 3 (8 oz) glasses of water	Cajun Mustard Pork Chops, Orange Glazed Brussels Sprouts and Carrots, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
<b>Tuesday</b>	Honey Bagel, Strawberry Yogurt, Fruit, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Zippy Chicken Drumsticks, Fresh Vegetables, Honey Spice Pretzels, 3 (8 oz) glasses of water	<b>1-877-216-3257</b> Reserve your meals for next week every Friday. Chandra's Healthy Eating reserves the right to make menu substitutions.