Week 1

Monday

2 ounces roast pork

1 cup steamed brown rice (2oz-WGR)

1 cup USDA Recipe I-13 - Orange Glazed Sweet Potatoes (1 cup Red/Orange veg)

1 cup grapes

1 cup 1 % milk OR 1 cup nonfat milk

Tuesday

1 cup Ground Beef & Macaroni (2 .5 oz Meat/Meat Alternate, 1/4 cup Red/Orange veg, 1/8 cup Onion, other veg), 1 oz eq Grains- non WGR)

1 (1 oz) whole wheat roll (1 oz eq Whole Grain Rich Grains)

1 teaspoon margarine (regular 80% fat)

½ cup steamed fresh zucchini (1/2 cup other veg)

1 banana- medium (1/2 cup fruit)

1 portion Apple Cobbler– (1/2 cup fruit and 1 oz eq Grains) – Non- Whole Grain Rich

1 cup 1 % milk OR 1 cup nonfat milk

Wednesday

½ cup Chicken salad (2 oz Meat/Meat Alternate) with

2 slices whole wheat bread (2 oz eq Whole Grain Rich Grains)

1 cup fresh steamed broccoli and cauliflower (1/2 cup other veg, ½ cup dark green veg)

1 cup fresh strawberries, sliced (1 cup fruit)

1 cup 1 % milk OR 1 cup nonfat milk

Thursday

1 portion (73 grams) Baked Cajun Fish (2 oz Meat /Meat Alternate) with

2.0 pieces Cornbread (2 oz Whole Grain Rich)

1 teaspoon margarine

2/3 cup Baked Beans (½ cup legume veg)

1 cup romaine salad with (1/2 cup green veg)

2 tablespoons Italian Dressing

1 cup canned apricot halves in light syrup (1 cup fruit)

1 cup 1 % milk OR 1 cup nonfat milk

Friday

1 slice cheese pizza with whole grain crust -1 slice (2 oz Meat Alternate, 2 oz eq Whole Grain Rich Grains, 1/8 cup Tomato Paste, other veg)

½ cup peas, cooked from frozen, drained, w/o salt (1/2 cup starchy veg)

½ cup cherry tomatoes (1/2 cup Red/Orange veg) with 2 tablespoons USDA Recipe E-13- Creamy Dip for Vegetables

1 cup peach slices - light syrup

1 cup 1 % milk OR 1 cup nonfat milk