

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------------------|--|---|---|---|--|
| Week 3 | M ¾ cup | Unflavored low-fat milk (¾ c) | Unflavored low-fat milk (¾ c) | Unflavored low-fat milk (¾ c) | Unflavored low-fat milk (¾ c) | Unflavored low-fat milk (¾ c) |
| | MMA 1½ oz | Cheese quesadilla triangles: Reduced-fat cheese (1½ oz) | Roast beef (1½ oz cooked) | Lentil soup (¾ c lentils) | Chicken veggie stir-fry: Chicken (1½ oz cooked) | Spaghetti with meat sauce (1½ oz cooked ground beef) |
| | V ¼ cup | Garden salad (½ c) Mild veggie salsa (⅙ c) | Mashed potatoes (¼ c) | Red and green pepper strips (¼ c) | Stir-fry vegetables: Carrots, celery, peppers, broccoli (¼ c) | Cucumber-tomato salad (¼ c) |
| | F ¼ cup | Mandarin oranges (¼ c) | Steamed carrots (¼ c) VS | Diced nectarines (¼ c) | Pineapple tidbits (¼ c) | Sliced fresh pears (¼ c) |
| | G ½ oz eq | Whole-wheat tortilla (½ oz) WGR | Enriched golden cornbread (1 oz) | Whole-grain crackers (½ oz) WGR | Brown rice (¼ c) WGR | Whole-wheat spaghetti (¼ c) WGR |
| | O | Low-fat salad dressing (2 tsp) | Gravy (1 Tbsp) | | | Grated parmesan cheese (2 tsp) |
| Week 4 | M ¾ cup | Unflavored low-fat milk (¾ c) | Unflavored low-fat milk (¾ c) | Unflavored low-fat milk (¾ c) | Unflavored low-fat milk (¾ c) | Unflavored low-fat milk (¾ c) |
| | MMA 1½ oz | Toasted ham (1 oz) and cheese (½ oz) sandwich | Chicken enchilada: Cooked chicken (1½ oz) and cheese (⅙ oz) | Broccoli quiche: Egg (½ large) and Swiss cheese (½ oz) | Roast turkey (1½ oz) | English muffin pizza: Low-fat mozzarella cheese (1½ oz) |
| | V ¼ cup | Vegetable soup (⅙ c vegetables) Sweet potato wedges (⅙ c) | Mashed avocado (⅙ c) Mild veggie salsa (⅙ c) | Broccoli (¼ c) | Green peas (¼ c) | Salad greens (¼ c) Pizza sauce (¼ c) |
| | F ¼ cup | Sliced kiwi (¼ c) | Cucumber salad (¼ c) VS | Sliced strawberries (¼ c) | Mashed sweet potatoes (¼ c) VS | Fruit salad: Apples, grapes, pineapple and blueberries (¼ c) |
| | G ½ oz eq | Whole-wheat bread (½ oz) WGR | Whole-corn tortilla (½ oz) WGR Enriched Spanish rice (⅙ c rice) | Enriched crust (½ oz) Whole-wheat roll (¼ oz) WGR | Stuffing: Whole-grain bread (½ oz) WGR | Whole-grain English muffin (½ oz) WGR |
| | O | | | | Gravy (1 Tbsp) Cranberry sauce (1 Tbsp) | Low-fat Italian dressing (2 tsp) |