

Appendix B

(Week 1) Dish Name		Lean Meat or Bean	Vegetable	Fruit	B-read or Grain	Milk 8 oz	Dessert
Chicken tostada, with beans, salad, cheese and sour cream	chicken/beans 4 oz	salad 1 cup		corn tortilla	Milk 8 oz	cookie	
beef stroganoff, noodles, peas	beef 4 oz	Peas 1 cup		noodles 4 oz	Milk 8 oz	pudding	
Philly cheese steak, peppers and onions, cheese	beef 4 oz	peppers and onions 1 cup		bread	Milk 8 oz	Jello	
Chile Verde, tortillas, Spanish rice and corri	pork 4 oz	corn 1/2 cup	fruit 1/2 cup	Spanish rice 1/2 cup	Milk 8 oz	brownie	
French Bread pizza and fruit salad	sausage, pepperoni 3 oz	sauce, mushrooms, olives, peppers and onions (1/2 cup) 1/2 cup fruit salad		French bread	Milk 8 oz	cookie	
(Week 2) Dish Name		Lean Meat or Bean	Vegetable	Fruit	B-read or Grain	Milk 8 oz	Dessert
Chicken alfredo with pasta and salad	Chicken 4 oz	salad 1 cup		pasta 1/2 cup	Milk 8 oz	Jello	
Chili cheese baked potato, with broccoli, sour cream and cheese	beef and bean chili 4 oz	onions, peppers in chili and broccoli 1/2 cup		potato	Milk 8 oz	pudding	
Italian Stuffed Bell Peppers, with meat, rice and veggies inside topped with cheese, green beans on the side	Ground Turkey 4 oz	Bell Pepper, Green beans 1/2 cup		rice	Milk 8 oz	brownie	
Pulled Pork Sandwich, fruit salad and coleslaw	pork 4 oz	Coleslaw 1/2 cup	fruit 1/2 cup	bread	Milk 8 oz	cookie	
Meatloaf, mashed potatoes, gravy, carrots	Beef and eggs 4 oz	celery, onion and carrot in meatloaf, carrots 1/2 cup		mashed potatoes and gravy	Milk 8 oz	Jello	

(Week 3) Dish Name		Lean Meat or Bean	Vegetable	Fruit	B-read or Grain	Milk 8 oz	Dessert
Ground Beef and cheese Enchiladas, Spanish Rice, Corn	Beef 4 oz	Corn 1 cup, enchilada sauce		Tortillas, Rice	Milk 8 oz	pudding	
Spaghetti and Meatballs with salad	ground Beef/pork/turkey 4 oz	salad 1 cup, marinara sauce		spaghetti 1/2 cup	Milk 8 oz	brownie	
BBQ Chicken Sandwich, Cole slaw and fruit salad	pulled chicken 4 oz	Cole slaw 1/2 cup	fruit salad 1/2 cup	bun	Milk 8 oz	cookie	
teriyaki turkey rice bowl, with steamed veggies	Ground Turkey 4 oz	steamed broccoli and carrots 1 cup		rice 1/2 cup	Milk 8 oz	Jello	
bean, cheese and rice burrito with salsa and zucchini	refried beans 4 oz	zucchini 1/2 cup, salsa		tortilla and rice 1/2 cup	Milk 8 oz	pudding	
(Week 4) Dish Name		Lean Meat or Bean	Vegetable	Fruit	B-read or Grain	Milk 8 oz	Dessert
Salsbury Steak, mushroom gravy, roasted potatoes, peas	Salsbury steak 4 oz	Mushrooms 1/2 cup, peas 1/2 cup		roasted potatoes 1/2 cup gravy 1/4 cup	Milk 8 oz	brownie	
beef lasagna, salad, fruit	ground beef, cheese 4 oz	peppers, onions in lasagna, salad 1/2 cup	fruit 1/2 cup	lasagna noodles	Milk 8 oz	cookie	
chicken soft tacos	chicken 4 oz	salad, 1/2 cup, salsa	fruit 1/2 cup	tortillas	Milk 8 oz	Jello	
BBQ Roasted Chicken, mac n cheese, corn and fruit	BBQ Roasted Chicken 4 oz	corn 1/2 cup	fruit 1/2 cup	mac noodles 1/2 cup	Milk 8 oz	pudding	
Cheeseburger, potato salad	burger patty 4 oz	lettuce, tomato, onion, potato salad 1/2 cup		bun	Milk 8 oz	brownie	

(Salad Options) Dish Name		Lean Meat or Bean	Vegetable	Fruit	B-read or Grain	Milk 8 oz	Dessert
Chicken Caesar Salad	Chicken 4 oz	Lettuce, tomato 2 cups				milk 8 oz	dessert
Asian Chicken Salad	Chicken 4 oz	Lettuce, carrots, edamame, bell peppers 2 cups				milk 8 oz	dessert
Chicken Garden Salad	Chicken 4 oz	Lettuce, tomato, onion, carrot 2 cups				milk 8 oz	dessert