

Ely Chapman Education Foundation

WK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative (2 oz. cooked weight)	1 c. Chili w Beans (2 oz ground beef /serving)	1/2 c Egg Salad: 1 egg per person on Lettuce	Meat loaf (Serving size 2.5 w 2 oz meat) (.5 CHO)	2 oz Cooked Cubed Chicken in each scoup Chicken Salad	Lemon Baked Fish (2 oz cooked fish per serving)
Vegetables/ Fruit (3 servings required)	1/4 c Coleslaw:	1 c Beef Vegetable Soup-(1 oz beef in soup per serving) (1 CHO)	1/2 c Mashed Potatoes (1 CHO)	1 C Vegetable Soup (1 CHO)	1/2 c. Steamed Broccoli
	3/4 c Beans in Chili (1CHO)	1/2 cLettuce & 2 slices Tomato	1/2 c California Blend	1/2 c. Tomato on Lettuce leaf	1/2 c Scallop Potatoes (1 CHO)
	1/2 c Grapes (1 CHO)	1/2 c Peaches (1 CHO)	1/2 c Mandarin Orange Segments (1 CHO)	1/2 C Stawberries (1 CHO)	1/2 c Strawberries (for cake)(1CHO)
Grain (2 servings required)	4 Saltine Crackers (1 CHO)	2 Slice Whole Wheat (2 CHO)	1 Slice Whole wheat bread & oats in Meatloaf as 2nd serving	Bun (2 CHO)	1 Roll (1 CHO)
	1 slice Whole Wheat (1 CHO)				1 slice whole wheat (1CHO)
Milk: Skim or 1%	8 oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)
Oil	Dressing on coleslaw	Mayo in salad	1 Margarine, soft tub	Mayo in salad	Tarter Sauce
Accompanying			Gravy on Meatloaf		
Extras	1 oz Oatmeal Raisin Cookie (1 CHO)		1 lg Snickerdoodle Cookie (1.5 oz) (1 CHO)		2" Square Cake (1CHO)

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Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative (2 oz. cooked weight)	2 oz Chicken Breast served with 1/4 cup Gravy	Sloppy Joe on a Bun (2 oz cooked ground beef per serving)	1/2 C Sausage Gravy, extra sausage to equal 2 oz meat (.5 CHO)	1 Slice Swiss Steak containing 2 oz ground beef (.5 CHO)	Breaded Cod w a slice of lettuce
Vegetables/ Fruit (3 servings required)	1/2 Baked Potato (1 CHO)	1/2 c Green Beans	1/2 c Hash Brown Potatoes (1 CHO)	1/2 c Mashed Potatoes (1 CHO)	1/2 c Steamed broccoli
	1/2 c Carrots	1/2 c Cole Slaw	4 oz Tomato/ V-8 Juice	1/2 c Beets	1/2 c stewed tomatoes
	1/2 c Mandarin Orange Segment (1 CHO)	1/2 Banana (1 CHO)	1/2 C Baked Sliced Apples (1 CHO)	1/2 Fruit Cocktail (1 CHO)	3/4 c. peaches for peach cobbler
Grain (2 servings required)	2 Small Rolls (2 CHO)	Bun (2 CHO)	2 Biscuit 2.5" dia (2 CHO)	2 Slice Whole wheat bread (2 CHO)	Bun (2 CHO)
Milk: Skim or 1%	8 oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)
Oil	Oil in gravy	Oil in Cole Slaw dressing	Gravy	1 Margarine, soft tub	Tarter Sauce
Accompanying					
Extra			1 sm Oatmeal/Raisin Cookie (1/2 CHO)	Snickerdoodle Cookie (1 CHO)	

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Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative (2 oz. cooked weight)	1 Grilled Cheese Sandwich containing 2 oz Cheese	Baked Ham (2 oz. cooked- low salt)	2 oz cooked beef cubes in sour cream sauce	Chopped Turkey in Creamed Turkey Gravy (2 oz meat)	1 C. Spinach/Cheese Lasagna (3 oz cheese, 4 oz noodles cooked)
Vegetables/ Fruit (3 1/2 c servings required)	1 C Tomato Soup	1/2 c. Sweet Potatoes (1 CHO)	1/2 C mixed vegetables	1/2 c Peas & Carrots (1/2 CHO) may be in turkey gravy	1/2 c Coleslaw:
	1/2 c Lima Beans	1/2 c Green Beans	1/2 C sliced Beets	1/2 Baked Potato (1 CHO)	1/2 c Carrots
	1/2 c Apricots (1 CHO)	1/2 c pineapple (for glaze) (1 CHO)	1/2 c Watermelon or melon in season (1 CHO)	1/2 Peaches unsweetened (1 CHO)	1/2 Banana (1 CHO)
Grain (2 servings required)	2 Slices Wheat bread in Sandwich (2 CHO)	2 Each 2 oz Banana Muffin (2 CHO)	1 C noodles (1 CHO)	2 Biscuit 2.5" dia (2 CHO)	4 oz Noodles in Lasagna (1.5 CHO)
					1 garlic bread (1 CHO)
Milk: Skim or 1%	8 oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)
Oil		1 Margarine, soft tub	Gravy	In Gravy	Dressing on coleslaw
Accompanying					
Extras			1 Sugar Cookie (1 CHO)		1 oz Oatmeal Raisin Cookie (1/2 CHO)

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Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative (2 oz. cooked weight)	2 oz Sliced Turkey au jus	2 oz Cooked Cubed Chicken in each 1 scoop Chicken Salad	1 c Johnny Marzetti (1/2 CHO)	2 oz Cooked Pork in lite BBQ Sauce	2 oz Baked Salmon Patty breaded in bread crumbs (.5 CHO)
Vegetables/ Fruit (3 servings required)	1/2 C Sweet Potato (1 CHO)	1 C Vegetable Soup	1/2 c Sweet & Sour Zucchini	1/2 c Potato Wedges	1/2 Parsley Baked Potato
	1/2 C Green Beans	1/2 c. Tomato on Lettuce leaf	1/2 c. Carrots	1/2 C Cole Slaw (.5 CHO)	1/2 c Creamed Spinach
	1/2 C Peaches (1 CHO)	1/2 C Strawberries (1 CHO)	1/2 C Mandarin Oranges (1 CHO)	1/2 c Grapes (1 CHO)	1/2 C Banana (1 CHO)
Grain (2 servings required)	2 Biscuit, 2 1/2 inches across (2 CHO), (1 biscuit per serving)	2 slice Whole Wheat Bread (2 CHO)	Macaroni in Casserole 1/2 cup = 1 CHO	Bun (2 CHO)	2 oz large Apple/applesause muffin (2 CHO)
			1 sl Garlic Toast (1 CHO)		
Milk: Skim or 1%	8 -oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)
Oil	1 Margarine, soft tub	Mayo in salad	Oil in Zucchini Salad, Margaine on Garlic Bread		1 Margarine, soft tub
Accompanying					
Extras	1 Choco Chip Cookie (1 oz) (1 CHO)				

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Wk 5	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative (2 oz. cooked weight)	1 Hot Dog (2 oz.) (CN label)	1.25 cup Macaroni & Cheese w Ham (1 oz cheese included with 1 oz ham served separately) (2 CHO)	Hamburger Patty (minimum 2 oz)	1 C. Chicken Stew (1 CHO)	Breaded Cod w a slice of lettuce
Vegetables/ Fruit (3 servings required)	1/2 c. Baked Beans (1 CHO)	1 C garden salad	3/4 c Potato Soup (1 CHO)	1/2 c peas carrots celery and onions & potato Vegetables in entrée	1/2 c Steamed broccoli
	1/2c. Cole Slaw	1/2 c Sliced Beets	1/2 c Green Beans	1/2 c Sweet & Sour Zucchini	1/2 c stewed tomatoes
	1/2 c. Strawberries (1 CHO)	2.5x2.5 sliced banana in red sugar-free Jell-O 1/2 c fruit (1 CHO)	1/2 c Grapes (1 CHO)	1/2 cup Tropical Fruit Mix, unsweetened (1 CHO)	3/4 c. peaches for peach cobbler
Grain (2 servings required)	Hot Dog Bun (2 servings) (1.5 CHO)	1 cup Macaroni in Entrée	Bun (2 CHO)	1 Biscuit (1 CHO) 1 Fruit Muffin (1 CHO)	Bun (2 CHO)
Milk: Skim or 1%	8 oz. 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)
Oil	mayonaise in Cole Slaw	Margarine in Mac/Cheese	1 Margarine, soft tub	Gravy	Tarter Sauce
Accompanying	Ketscup & Mustard	Italian or Ranch Salad Dressing			
Extra	1.5" Square Cake (1CHO)				

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Wk 6	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative (2 oz. cooked weight)	1 C. Chicken & Noodles over biscuits	Turkey and Cheese Sandwich (1 oz Turkey & 1 oz Cheese)	1 cup Spaghetti plus 3 oz ladle which includes 2 oz ground beef in Home made sauce	1 C. ham and beans soup (2 oz ham) (1 CHO)	Tuna Fish Salad Sandwich with 1/4 c. Tuna fish
Vegetables/ Fruit (3 servings required)	1/2c Lima beans (1 CHO)	1 c Baked Fries (1CHO)	1 C. Tossed Salad	1/2 c. Beans in soup	Minestrone Soup 1 c.
	1/2 C Carrots	3/4 c Broccoli Soup	1/2 C. Green Beans	1/2 C Sliced tomatoes on lettuce	Lettuce w Tomatoes 1/2 c
	1/2 c Strawberries (1CHO)	1/2 C Fresh Melon or Fruit in season (1 CHO)	1/2 c. Fruit Cocktail, unsweetened (1 CHO)	1/2 c pineapple (1 CHO)	1/2 c.Tropical fruit (1 CHO)
Grain (2 servings required)	1 sm Biscuit, 2 1/2" across (1 CHO)	2 Slices Whole Wheat bread (2 CHO)	1 C Cooked Pasta (1/2 c = 1 serving) (2 CHO)	2 cubes corn bread 1.75" (2 CHO)	2 Slice Whole Wheat (2 CHO)
	1/2 c Noodles in Main dish (1 CHO)				
Milk: Skim or 1%	8 -oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 -oz 1% Milk (1 CHO)	8 oz. 1% Milk (1 CHO)
Oil	1 Margarine, soft tub	Mayo, Mustard,	1 Tbsp. Salad Dressing	Margaine, soft tub	Mayo for Sandwich
Accompanying			Parmesan Cheese		

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