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| *MONDAY* | *TUESDAY* | *WEDNESDAY* | *THURSDAY* | *FRIDAY* |
| 8oz hot Oatmeal or cold Cereal  8oz Milk  **Carbohydrate=42** | 8oz hot Oatmeal or cold Cereal  8oz Milk  **Carbohydrate=42** | 8oz hot Oatmeal or cold Cereal  8oz Milk  **Carbohydrate=42** | 8oz Greek Yogurt  8oz Milk  **Carbohydrate**=32 | 8oz hot Oatmeal or cold Cereal  8oz Milk  **Carbohydrate=42** |
|  |  | **LUNCH WEEKS 1,3,5** |  |  |
| 2 oz Baked Chicken  2oz Rice  2oz Pinto Beans  2oz Salad  8oz Milk  **Carbohydrate=39** | 2oz Chicken Breast  4oz Mashed potatoes  4oz Collard Greens  8oz Milk  **Carbohydrate=32** | 2oz Meatloaf  4oz Mashed Potatoes  4oz Green Beans  8oz Milk  **Carbohydrate=32** | 2oz Roasted Turkey  2oz Cornbread Dressing  4oz Sweet Potatoes  4oz Green Beans  8oz Milk  **Carbohydrate=40** | 2oz Baked Tilapia  4oz Cole Slaw  4oz Broccoli  8oz Milk  ***Carbohydrate=22***  ***\*\*Bread can be allowed this meal, since total carbohydrate is <30g*** |
|  |  | **Lunch Weeks 2 and 4** |  |  |
| 2 oz Country Style Steak  4oz Cabbage  2oz Macaroni and Cheese  8oz Milk  **Carbohydrate=39** | 2oz Chicken Breast  4oz Mashed potatoes  4oz Collard Greens  8oz Milk  **Carbohydrate=32** | 2oz Baked Tilapia  4oz Cole Slaw  4oz Broccoli  8oz Milk  ***Carbohydrate=22***  ***\*\*Bread can be allowed this meal, since total carbohydrate is <30g*** | 4oz Lasagna  4oz Salad  4oz Green Beans  8oz Milk  **Carbohydrate=42** | 2 oz Baked Chicken  2oz Rice  2oz Pinto Beans  2oz Salad  8oz Milk  **Carbohydrate=39** |
|  |  | **Snack** |  |  |
| 8oz Vanilla wafers  8oz milk  **Carbohydrate=32** | 8oz Gold Fish Crackers  8oz Milk  **Carbohydrate=27** | 4oz Greek Yogurt  8oz Milk  **Carbohydrate=22** | 8oz Cheese and Peanut Crackers  **Carbohydrate=27** | 6 Vanilla wafers  8oz milk  **Carbohydrate=24** |