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| *MONDAY* | *TUESDAY* | *WEDNESDAY* | *THURSDAY* | *FRIDAY* |
| 8oz hot Oatmeal or cold Cereal8oz Milk**Carbohydrate=42** | 8oz hot Oatmeal or cold Cereal8oz Milk**Carbohydrate=42** | 8oz hot Oatmeal or cold Cereal8oz Milk**Carbohydrate=42** | 8oz Greek Yogurt8oz Milk**Carbohydrate**=32 | 8oz hot Oatmeal or cold Cereal8oz Milk**Carbohydrate=42** |
|  |  | **LUNCH WEEKS 1,3,5** |  |  |
| 2 oz Baked Chicken2oz Rice2oz Pinto Beans2oz Salad8oz Milk**Carbohydrate=39** | 2oz Chicken Breast4oz Mashed potatoes4oz Collard Greens8oz Milk**Carbohydrate=32** | 2oz Meatloaf4oz Mashed Potatoes4oz Green Beans8oz Milk**Carbohydrate=32** | 2oz Roasted Turkey2oz Cornbread Dressing4oz Sweet Potatoes4oz Green Beans8oz Milk**Carbohydrate=40** | 2oz Baked Tilapia4oz Cole Slaw4oz Broccoli8oz Milk***Carbohydrate=22******\*\*Bread can be allowed this meal, since total carbohydrate is <30g*** |
|  |  | **Lunch Weeks 2 and 4** |  |  |
| 2 oz Country Style Steak4oz Cabbage2oz Macaroni and Cheese8oz Milk**Carbohydrate=39** | 2oz Chicken Breast4oz Mashed potatoes4oz Collard Greens8oz Milk**Carbohydrate=32** | 2oz Baked Tilapia4oz Cole Slaw4oz Broccoli8oz Milk***Carbohydrate=22******\*\*Bread can be allowed this meal, since total carbohydrate is <30g*** | 4oz Lasagna4oz Salad4oz Green Beans8oz Milk**Carbohydrate=42** | 2 oz Baked Chicken2oz Rice2oz Pinto Beans2oz Salad8oz Milk**Carbohydrate=39** |
|  |  | **Snack** |  |  |
| 8oz Vanilla wafers8oz milk**Carbohydrate=32** | 8oz Gold Fish Crackers8oz Milk**Carbohydrate=27** | 4oz Greek Yogurt8oz Milk**Carbohydrate=22** | 8oz Cheese and Peanut Crackers**Carbohydrate=27** | 6 Vanilla wafers8oz milk**Carbohydrate=24** |