



Diet-to-Go
Local Low-Fat Traditional Menu

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY			Penne Pasta with Turkey Meat Sauce Carrot Coins Zucchini
	WEDNESDAY	Blueberry Pancakes Maple Syrup Turkey Sausage	Orlean's Tuna Salad Honey Wheat Roll Citrus Fruit Cup	Chicken Pizza Broccoli Florets Angel Food Cake Strawberry Cream Sauce
	THURSDAY	Cinnamon Raisin Bagel Cream Cheese Orange Juice	Turkey Ham Salad Pretzel Roll Lentil Chili	Turkey Chili Pasta Salad Primavera Savory Corn Bread Muffin
	FRIDAY	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger on a Multi-Grain Roll Beet and Carrot Salad	Baked Atlantic Salmon with Lemon Wedge Stuffed Baked Potato & Baby Carrots Pineapple Crisp
	SATURDAY	Omelet Pomodoro Sicilian Asparagus Cuts and Tips	Mirkin Burger, Kaiser Roll American Cheese, Sliced Tomato, Salsa Cup Diced Pears	Italian Chicken Cous Cous Pilaf Whole Green Beans Focaccia Roll
P i c k u p 2	SUNDAY	Plain Bagel Cream Cheese Orange Juice	Meatloaf Sub Creamy Veggie Salad Diced Peaches	Cioppino Seafood Medley Petite Grain Roll Cream Cheese & Chives Chocolate Pudding
	MONDAY	Blueberry Muffin Raspberry Preserves Yogurt Orange Juice	Turkey Sandwich Apple	Mexican Style Burrito Spanish Rice Side of Refried Beans Fajita Veggies, Salsa Cup
	TUESDAY	Apple Oat Bran Muffin Apple Butter Apple Juice	Grilled Turkey Ham & Cheese Sandwich Mushroom & Artichoke Salad Apricot Pudding	
	WEDNESDAY			
WEEK 2				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY			Red Snapper Fish with a Lemon Wedge Creamy Polenta Broccoli Florets Sesame Breadsticks
	WEDNESDAY	Oat & Raisin Scone Orange Marmalade Orange Juice	Salmon Burger on a Multi-Grain Roll Mango Salsa & Veggie Chips V8	Vegetable Ravioli with a Ratatouille Mix & Red Pepper Sauce Chocolate Mousse
	THURSDAY	Zucchini Muffin Raspberry Preserves Yogurt Apple Juice	Hummus Pocket Bread Carrot & Cranberry Salad	Porcini Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
	FRIDAY	Tomato Mushroom Omelet Brussel Sprout Medley	Pasta Salad Primavera Solid White Tuna Sesame Breadsticks	Orange Roughy Fish Israeli Cous Cous Mediterranean Veggie Blend
	SATURDAY	Plain Bagel Cream Cheese Apple Juice	Shrimp Mango Bisque Jicama & Orange Salad Seasoned & Baked Whole Wheat Pita	Tamale Pie with Ground Turkey Baked Potato with Sour Cream & Chives Corn on the Cob
P i c k u p 2	SUNDAY	Fajita Omelet Mozzarella Cheese Seasoned Artichokes	Sliced Turkey Breast on a Multi-Grain Roll with Mayo & Sliced Tomato Tomato & Mushroom Salad	Vegetarian Spaghetti Pie Cauliflower
	MONDAY	Wild Cherry Muffin Apple Butter Orange	Bistro Chicken Salad Sesame Breadsticks	Barbecue Chicken & Sauce Anise Roasted Potatoes Baked Beans Green Beans & Almonds
	TUESDAY	Raisin Bran Muffin Strawberry Preserves Yogurt	Chicken Philly Sub Deli Chicken, Spiced & Marinated Peppers & Onions, Honey Mustard Mayo & American Cheese on a Wheat Sub Roll Peach Pudding	



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WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus	
	WEDNESDAY	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Chicken Pesto Sub - Chicken Breast, Pesto Aioli & Sliced Tomato on a Wheat Sub Roll Chick Pea & Spinach Salad Pineapple Chunks	Macaroni & Cheese Carrot Coins Broccoli Florets
	THURSDAY	Mountain Berry Muffin Raspberry Cream Cheese Orange	Grilled Cheese Sandwich Lentil Chili Brownie	Thai Turkey with Orange Cilantro Sauce Stir Fry Rice Green Bean Medley
	FRIDAY	Breakfast Pizza with Scrambled Eggs & Cheese Apple Juice	Turkey Burger on a Multi-Grain Roll & Ketchup Mandarin Orange Cup	Shrimp Fettucini Broccoli Florets Honey Wheat Roll
	SATURDAY	Granola Yogurt Apple Juice	Garden Salad Lemon Veggie Dressing Jalapeno Corn Bread String Cheese	Whitefish Parmesan Baby Carrots Whole Grain Roll
P i c k u p 2	SUNDAY	Eggs Florentine Chicken Sausage Asparagus Spears	Tuna Meltovers Peach Crisp	Chicken Creole Creole Vegetables Brown Rice Whole Grain Roll
	MONDAY	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Chicken Salad on a Kaiser Roll Tomato & Mushroom Salad Citrus Fruit Cup	Tomato Veggie Pie Cous Cous Angel Food Cake
	TUESDAY	Apple Pancakes Maple Syrup Turkey Sausage	Turkey Sandwich - Sliced Turkey Breast on a Multi-Grain Roll with Mayo, American Cheese & Sliced Tomato Applesauce	

WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Old Fashioned Meatloaf Sweet Potatoes Whole Green Beans	
	WEDNESDAY	Cranapple Muffin CranOrange Cream Cheese Orange	Ravioletti Pasta Salad Everything Flat Bread	Chicken Fajita Side of Refried Beans Baby Carrots
	THURSDAY	Homemade Cinnamon Power Bar Orange Juice	Broccoli & Cheddar Soup Soft Pretzel with Mustard	Stir Fry Chicken Oriental Veggies Brown Rice
	FRIDAY	Plain Bagel Cream Cheese Apple Juice	Wahoo Fish Burger on a Multi-Grain Roll with Tartar Sauce V8 Juice Apple	Herbed Baked Atlantic Salmon with Lemon Wedge Brown Rice & Veggies Carrot & Jicama Medley
	SATURDAY	Waffles Peaches & Apples in Syrup	Reuben Sandwich - Grilled Turkey Ham & Swiss with Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup	Chicken Parmesan Broccoli Florets Whole Grain Roll
P i c k u p 2	SUNDAY	Peachy Keen Muffin Apple Butter Cranberry Juice	Mediterranean Pasta Salad Honey Wheat Roll	Turkey Salisbury Steak with Gravy Mashed Potatoes Whole Green Beans Sesame Breadsticks
	MONDAY	Cranberry Oat Scone Orange Marmalade Orange Juice	Turkey Cutlet Sub - Seasoned Turkey Cutlet & Pepper Relish on a Wheat Sub Roll Applesauce	Chugwater Chili Sour Cream Shredded Mozzarella Biscuit
	TUESDAY	Greek Style Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	



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WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1 P i c k u p 2	TUESDAY		Curried Shrimp Basmati Rice Minted Peas	
	WEDNESDAY	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage	Tuscan Boat Nutty Wheatberry Salad Yogurt Smoothie	Chicken Brunswick Stew Corn & Lentil Loaf
	THURSDAY	Egg and Broccoli Pie Apple Juice	Michigan Turkey Salad Dakota Roll	Blackened Turkey Carrot Chipotle Puree Asparagus Risotto
	FRIDAY	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Turkey Swiss Sandwich Tomato Relish Veggie Chips & Red Pepper Hummus V8	Harissa Salmon Mandarin Orange Cous Cous Mediterranean Veggies
	SATURDAY	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato & Basil Soup Corn & Spinach Salad Yogurt Drink	Chicken Stroganoff on Bow Tie Pasta Broccoli & Carrots with Toasted Almonds
	SUNDAY	Fruit and Granola Parfait Muffin	Hungarian Turkey over Basmati Rice Pilaf Mixed Beans	Lobster and Veggie Ravioli over Veggies
	MONDAY	Mango-Cranberry Muffin Yogurt Smoothie	Orange Marmalade Curry Chicken Salad Mandarin Oranges Melba Toast	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend
TUESDAY	Noodle Kugel Applesauce Cranberry Juice	Chicken Alfredo Melt Roasted Veggie Salad Apple		