

| 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 Citrus Fruit Cup Honey Wheat Roll |
| | THURSDAY | Fruit Ambrosia Granola Bar | Turkey Ham Salad Pretzel Roll Lentil Chili |
| | FRIDAY | Ratatouille Omelet Asparagus Spears | Szechuan Turkey Burger Multi-Grain Roll Beet and Carrot Salad |
| | SATURDAY | Omelet Pomodoro Sicilian Asparagus Cuts and Tips | Mirkin Burger (Veggie Burger) Roll, American Cheese Tomato, Salsa Diced Pears |
| P i c k u p 2 | SUNDAY | Whole Wheat Bagel Cream Cheese Orange Juice | Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll |
| | MONDAY | Blueberry Muffin Raspberry Preserves Yogurt, Orange Juice | Meatloaf Sub BBQ Sauce Creamy Veggie Salad Diced Peaches |
| | TUESDAY | Greek Stuffed Mushroom Orange and Raisin Salad | Mexican Style Burrito Spanish Rice Refried Beans Fajita Veggies, Salsa |
| | WEDNESDAY | | Grilled Turkey Ham & Cheese Mushroom & Artichoke Salad Apricot Pudding |

| WEEK 2 | | | |
|---------------------------------|------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| | BREAKFAST | LUNCH | DINNER |
| P i c k u p 1 | TUESDAY | | Herb Crusted Whitefish Creamy Polenta, Broccoli Sesame Breadsticks Lemon |
| | WEDNESDAY | Oat & Raisin Scone Orange Marmalade Orange Juice | Salmon Burger Multi-Grain Roll Mango Salsa, V8 |
| | THURSDAY | Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage | Hummus Pocket Bread Carrot & Cranberry Salad |
| | FRIDAY | Tomato Mushroom Omelet Brussel Sprout Medley | Mediterranean Pasta Salad with Tuna |
| | SATURDAY | Whole Wheat Bagel Cream Cheese Apple Juice | Shrimp Mango Bisque Jicama & Orange Salad Fresh Spinach Seasoned Wheat Pita, V8 |
| P i c k u p 2 | SUNDAY | Fajita Omelet Mozzarella Chees Seasoned Artichokes | Vegetable Ravioli with Ratatouille Chocolate Mousse |
| | MONDAY | Mushroom Strata Chicken Sausage V8 | Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend |
| | TUESDAY | Raisin Bran Muffin Strawberry Preserves Yogurt | Orange Roughy Fish Israeli Cous Cous Mediterranean Veggies |
| | | | Tamale Pie Baked Potato Sour Cream & Chives Corn on the Cob |
| | | | Baked Spaghetti Pie Cauliflower |
| | | | Barbecue Chicken Anise Roasted Potatoes Baked Beans, Green Beans |
| | | | Chicken Philly Sub Honey Mustard Mayo, American Cheese Peach Pudding |

| 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 Salad Whole Wheat Roll | Macaroni & Cheese Carrot Coins and Broccoli |
| | THURSDAY | Asparagus and Swiss Frittata V8 Fusion | Grilled Cheese Lentil Chili Brownie | Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley |
| | FRIDAY | Breakfast Pizza Apple Juice | Turkey Burger Multi-Grain Roll Mandarin Oranges | Shrimp Fettucini Broccoli Honey Wheat Roll |
| | SATURDAY | Granola and Yogurt Apple Juice | Garden Salad Lemon Veggie Dressing Jalapeño 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 Brown Rice Whole Grain Roll |
| | MONDAY | Strawberry Banana Muffin Vanilla Cream Cheese Apple | Chicken Salad Sandwich Tomato & Mushroom Salad Citrus Cup | Tomato Veggie Pie Cous Cous Cheese Wedge and Crackers |
| | TUESDAY | Apple Pancakes Turkey Sausage Maple Syrup | Thai Chicken & Mushroom Soup Coconut Mango Rice | |

| WEEK 4 | | | | |
|---------------------------------|------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| | BREAKFAST | LUNCH | DINNER | |
| P i c k u p 1 | TUESDAY | | Turkey Meatloaf Sweet Potatoes Green Beans | |
| | WEDNESDAY | Cranapple Muffin Cran-Orange Cream Cheese Orange | Waldorf Chicken Salad Snack Mix V8 | Chicken Fajita Refried Beans Carrots, Salsa |
| | THURSDAY | Homemade Cinnamon Bar Orange Juice | Casablanca Soup Soft Pretzel, Cream Cheese Mustard, Apple | Stir Fry Chicken Oriental Veggies Brown Rice |
| | FRIDAY | Whole Wheat Monte Cristo Raspberry Maple Syrup Cirtus Yogurt Salad | Captain Stewart's Seafood Sandwich Pretzel Roll, Tartar Sauce Tangarine | Herbed Baked Atlantic Salmon Brown Rice and Veggies Carrot & Jicama Medley, Lemon |
| | SATURDAY | Waffles Peaches & Apples in Syrup | Reuben Sandwich 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 | Aztec Chicken and Quinoa Salad | Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans Sesame Breadsticks |
| | MONDAY | Cranberry Oat Scone Orange Marmalade Orange Juice | Chicken Florentine Burger V8 Fushion, Apple Chips | Chugwater Chili Sour Cream, Mozzarella Cornbread Biscuit |
| | TUESDAY | Greek Burrito Chicken Sausage Fajita Veggies | Tomato Pesto Meltover Apple Cake | |

Diet-to-Go
Local Low-Fat Traditional Menu

| WEEK 5 | | | | |
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| | 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 (Stuffed Potatoes) Nutty Wheatberry Salad V8 Fusion | Chicken and Turkey Brunswick Stew Corn & Lentil Loaf |
| | THURSDAY | Egg and Broccoli Pie Apple Juice | Michigan Turkey Salad Dakota Roll | Blackened Turkey Carrot Chipotle Puree Asparagus Risotto Italian Vegetable Blend |
| | FRIDAY | Whole Grain French Toast Mango Cranberry Syrup Orange Juice | Turkey Swiss Sandwich Relish, Veggie Chips V8 | Harissa Salmon Mandarin Orange Cous Cous Veggies |
| | SATURDAY | Egg Quesadilla Potato Cake Citrus Cup | Roasted Tomato & Basil Soup Corn & Spinach Salad Yogurt Drink | Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds |
| | SUNDAY | Fruit and Granola Parfait Cornbread Muffin | Hungarian Turkey over Basmati Rice Pilaf German Vegetable Blend | Lobster and Veggie Ravioli Cardinal Sauce Mixed Veggies |
| | MONDAY | Mango Cranberry Muffin Orange Marmalade Yogurt Drink | Curry Chicken Salad Mandarin Oranges Melba Toast | Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend |
| TUESDAY | Noodle Kugel (Sweet Casserole) Applesauce Cranberry Juice | Chicken Alfredo Melt Roasted Veggie Salad Apple | | |