

## Diet-to-Go

Local Low-Fat Traditional Menu

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	<b>TUESDAY</b>		Penne Pasta with Turkey Meat Sauce Carrot Coins Zucchini	
	<b>WEDNESDAY</b>	Blueberry Pancakes Maple Syrup Turkey Sausage	Orlean's Tuna Salad Citrus Fruit Cup Honey Wheat Roll	Chicken Pizza Broccoli Florets Crackers and Cheese Wedge
	<b>THURSDAY</b>	Fruit Ambrosia Granola Bar	Turkey Ham Salad Pretzel Roll Lentil Chili	Turkey Chili Pasta Salad Primavera Cornbread Muffin
	<b>FRIDAY</b>	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger Multi-Grain Roll Beet and Carrot Salad	Baked Atlantic Salmon Stuffed Baked Potato Carrots, Pineapple Crisp
	<b>SATURDAY</b>	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, American Cheese Tomato, Salsa Diced Pears	Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll
P i c k u p 2	<b>SUNDAY</b>	Whole Wheat Bagel Cream Cheese Orange Juice	Meatloaf Sub BBQ Sauce Creamy Veggie Salad Peaches	Cioppino Seafood Medley Roll, Cream Cheese & Chives Chocolate Pudding
	<b>MONDAY</b>	Blueberry Muffin Raspberry Preserves Yogurt, Orange Juice	Blue Crab Ravioli Soup Vanilla Fruit Gelatin	Mexican Style Burrito Spanish Rice Refried Beans Fajita Veggies, Salsa
	<b>TUESDAY</b>	Greek Mushroom Orange and Raisin Salad	Grilled Cheese with Turkey Mushroom & Artichoke Salad Apricot Pudding	

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

## Diet-to-Go

Local Low-Fat Traditional Menu

WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	<b>TUESDAY</b>		Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus	
	<b>WEDNESDAY</b>	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Chicken Pesto Salad Whole Wheat Roll	Macaroni & Cheese Carrot Coins Broccoli Florets
	<b>THURSDAY</b>	Asparagus and Swiss Frittata V8 Fusion	Grilled Cheese Lentil Chili Brownie	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
	<b>FRIDAY</b>	Breakfast Pizza Apple Juice	Turkey Burger Multi-Grain Roll Mandarin Oranges	Shrimp Fettucini Broccoli Florets Honey Wheat Roll
	<b>SATURDAY</b>	Granola and Greek Yogurt Apple Juice	Garden Salad Lemon Veggie Dressing Jalapeño Cornbread String Cheese	Whitefish Parmesan Baby Carrots Whole Grain Roll
P i c k u p 2	<b>SUNDAY</b>	Eggs Florentine Chicken Sausage Asparagus Spears	Tuna Meltovers Peach Crisp	Chicken Creole Brown Rice Whole Grain Roll
	<b>MONDAY</b>	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Chicken Salad Sandwich Tomato & Mushroom Salad Fruit Cup	Tomato Veggie Pie Cous Cous Crackers and Cheese Wedge
	<b>TUESDAY</b>	Apple Pancakes Turkey Sausage Maple Syrup	Thai Chicken & Mushroom Soup Coconut Mango Rice Snack Mix	

WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	<b>TUESDAY</b>		Turkey Meatloaf Sweet Potatoes Green Beans	
	<b>WEDNESDAY</b>	Cranapple Muffin Cran-Orange Cream Cheese Orange	Waldorf Chicken Salad Snack Mix V8	Chicken Fajita Refried Beans Carrots, Salsa
	<b>THURSDAY</b>	Baked Cinnamon Bar Orange Juice	Casablanca Soup Pretzel, Cream Cheese Mustard, Apple	Stir Fry Chicken Oriental Veggies Brown Rice
	<b>FRIDAY</b>	Whole Wheat Monte Cristo Raspberry Maple Syrup Asparagus Cuts & Tips Cirtus Yogurt Salad	Captain Stewart's Seafood Sandwich Pretzel Roll, Tartar Sauce Tangarine	Herbed Baked Atlantic Salmon Brown Rice and Veggies Carrot & Jicama Medley
	<b>SATURDAY</b>	Waffles Peaches & Apples in Syrup	Reuben Sandwich Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup	Chicken Parmesan Broccoli Florets Dakota Roll
P i c k u p 2	<b>SUNDAY</b>	Peachy Keen Muffin Apple Butter Cranberry Juice	Aztec Chicken and Quinoa Salad	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans Sesame Breadsticks
	<b>MONDAY</b>	Cranberry Oat Scone Orange Marmalade Orange Juice	Chicken Florentine Burger V8 Fusion, Apple Chips	Chugwater Chili Sour Cream, Mozzarella Cornbread Biscuit
	<b>TUESDAY</b>	Greek Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	

**Diet-to-Go**  
Local Low-Fat Traditional Menu

WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k  u p  1    P i c k  u p  2	<b>TUESDAY</b>		Curried Shrimp Basmati Rice Minted Carrots	
	<b>WEDNESDAY</b>	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
	<b>THURSDAY</b>	Egg and Broccoli Pie Apple Juice	Michigan Turkey Salad Dakota Roll	Blackened Turkey Carrot Chipotle Puree Italian Veggie Blend Asparagus Risotto
	<b>FRIDAY</b>	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Turkey Swiss Sandwich Relish, Veggie Chips V8	Harissa Salmon Mandarin Orange Cous Cous Veggie Blend
	<b>SATURDAY</b>	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato & Basil Soup Corn & Spinach Salad Yogurt Drink	Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds
	<b>SUNDAY</b>	Fruit and Granola Parfait Cornbread Muffin	Hungarian Turkey over Basmati Rice Pilaf Veggie Blend	Lobster and Veggie Ravioli Cardinal Sauce Italian Veggie Blend
	<b>MONDAY</b>	Mango Cranberry Muffin Orange Marmalade Yogurt Drink	Curry Chicken Salad Mandarin Oranges Crackers	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend
<b>TUESDAY</b>	Noodle Kugel (Sweet Casserole) Applesauce Cranberry Juice	Chicken Alfredo Melt Roasted Veggie Salad Apple		