					MENU - K	-5						
	Monday		Tuesday		Wednesday		Thursday		Friday			
	(Week 5) BBQ Pork Sandwich		Lasagna		Beef Burrito		Chicken Rice Bowl		Vegetable Soup			
	WW Bun		WW Noodles		Tortilla		Rice		Crackers			
Potato Wedges		tato Wedges	Spring Mix		Lettuce/Tomato		Oriental Veg		Fresh Carrots		Weekly Tota	
Requirements			WW Breadstick		Refried Beans						М	ET
											Yes/No	
	Orange Milk		Kiwi Milk		Strawberries Milk		Apple Milk		Peaches/Pears Milk		_	
											_	
Mt/MA (1 oz eg per		BBQ Pork	Ground Beef		Ground Beef		Chicken Chunks				Т	
day)	2	Oz Eq	2	Oz Eq	2	Oz Eq	2	Oz Eg	0	Oz Eg	8	Yes
447		01 19		•		(3 3/4 Cup per		0114		0114		
				• •	ip pei uay)	(5 5/4 Cup per						
Dark Green				g Mix				rocoli				
(1/2 Cup per week)		Cup	0.75	Cup		Cup	0.25	Cup		Cup	1	Yes
Red/Orange						Diced Peppers				Carrots		
(3/4 Cup per week)		Cup		Cup	0.25	Cup		Cup	0.5	Cup	0.75	Yes
Beans/Peas					Refried Beans							
(Legumes)		Cup		Cup	0.5	Cup		Cup		Cup	0.5	Yes
Starchy	Potato Wedge											
(1/2 Cup per week)	0.75	Cup		Cup		Cup		Cup		Cup	0.75	Yes
Other							Orienta	l vegetable	Othe	r veg		
(1/2 per week)		Cup		Cup		Cup	0.5	Cup	0.5	Cup	1	Yes
Daily total	0.75	Yes	0.75	Yes	0.75	Yes	0.75	Yes	1	Yes	4	
		A	dditional V	egetable to	reach Goa	ıl (1 Cup per we	eek)					Yes
Grains (1 oz eq day)	WW Bun		Breadstick		Tortilla		Rice		Crackers			
(8-9 oz eq per week)	2	Oz Eq	2	Oz Eq	2	Oz Eq	1	Oz Eq	1	Oz Eq	8	Yes
Fruits (1/2 Cup per	Orange		Kiwi		Strawberries		apple		PEaches/Pears			
day) (2 1/2 cups per	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	2.5	Yes
Fluid Milk (1 Cup per	Skim or 1%		Skim or 1%		Skim or 1%		Skim or 1%		Skim or 1%			
day)	1	Cup	1	Cup	1	Cup	1	Cup	1	Cup	5	Yes