



Week 4 Tuesday

Pick-up from 4-6 p.m.

Nutrition and calorie count information are centered on the cycle of the complete menu which includes your low or fat-free milk.

	Breakfast	Lunch	Dinner
Tuesday			Jalapeno Shrimp Pasta Pear with Chocolate Syrup 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Wednesday	Hash Brown Frittata Raisin Bread 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Creamy Chicken Broccoli Soup Rice Pudding 3 (8 oz) glasses of water	Grilled Sesame Ginger Turkey 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Thursday	Ginger Topped Pumpkin Bread 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Layer Enchilada 3 (8 oz) glasses of water	Shepherds Pie Fresh fruit 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Friday	Lemon Poppy Seed Muffins 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Sweet Apricot BBQ Shrimp Kabobs 3 (8 oz) glasses of water	1-877-216-3257 Reserve your meals for next week every Friday. Chandra's Healthy Eating reserves the right to make menu substitutions.



Week 4 Friday

Pick-up from 4-6 p.m.

Nutrition and calorie count information are centered on the cycle of the complete menu which includes your low or fat-free milk.

	Breakfast	Lunch	Dinner
Friday			Meatballs and Gravy, Green Beans, Apple Cranberry Crisp, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Saturday	Cranberry Almond Pancakes, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Beef and basil Salad, 3 (8 oz) glasses of water	Tuna Burger, Fruit Salad, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Sunday	Oatmeal muffins, Orange Juice, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Smashed Potato Soup, Smoked Salmon, 3 (8 oz) glasses of water	Turkey spinach roll-ups, Banana bread pudding, Cucumber Salad, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Monday	Fruit topped breakfast bagel, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Country Turkey Stroganoff, 3 (8 oz) glasses of water	Pork Chops, Brown Rice with Cherry Sauce, Carrots, 2 (8 oz) glasses of water and 8 oz glass of low-fat milk
Tuesday	Banana Bread, Applesauce, 3 (8 oz) glasses of water and 8 oz glass of low-fat milk	Cheese Stuffed Manicotti, 3 (8 oz) glasses of water	1-877-216-3257 Reserve your meals for next week every Friday. Chandra's Healthy Eating reserves the right to make menu substitutions.