



SAMPLE MENU

Regular

October-December 2007

WEEK 1

MONDAY

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| <p>Chicken Parmesan, Italian Vegetable Blend, Peas, Whole Wheat Dinner Roll with Margarine, Peanut Butter Chocolate Granola Bar Milk</p> | <p>Stick with it! Making healthy choices can be hard at first, but over time it gets easier as you start to feel better.</p> | <p>Nutrition Facts Serv. Size, Servings 1, Amount Per Serving: Calories 970, Fat Cal. 280, Total Fat 31 g (48% DV), Sat. Fat 11 g (55% DV), Cholest. 105 mg (35% DV), Sodium 1040 mg (43% DV), Total Carb. 124 g (41% DV), Fiber 12 g (48% DV), Sugars 29 g, Protein 46 g, Vitamin A (70% DV), Vitamin C (50% DV), Calcium (60% DV), Iron (30% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p> |
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TUESDAY

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| <p>Chopped Steak with Onion Gravy, Whipped Potatoes, Broccoli & Cauliflower, Whole Wheat Diner Roll with Margarine, Peach Parfait Milk</p> | <p>This blend of broccoli and cauliflower may reduce the risk of cataracts due to its lutein content (a phytonutrient).</p> | <p>Nutrition Facts Serv. Size, Servings 1, Amount Per Serving: Calories 740, Fat Cal. 230, Total Fat 26 g (40% DV), Sat. Fat 11 g (55% DV), Cholest. 105 mg (35% DV), Sodium 750 mg (31% DV), Total Carb. 81 g (27% DV), Fiber 5 g (20% DV), Sugars 13 g, Protein 46 g, Vitamin A (30% DV), Vitamin C (140% DV), Calcium (35% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p> |
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WEDNESDAY

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| <p>Butter Crumb Fish, Baked Apples, Green Beans, Whole Wheat Dinner Roll with Margarine, Vanilla Pudding Milk</p> | <p>Apples are high in boron, a mineral that may help keep you alert and strengthen your bones.</p> | <p>Nutrition Facts Serv. Size, Servings 1, Amount Per Serving: Calories 650, Fat Cal. 190, Total Fat 21 g (32% DV), Sat. Fat 6 g (30% DV), Cholest. 45 mg (15% DV), Sodium 690 mg (29% DV), Total Carb. 92 g (31% DV), Fiber 7 g (28% DV), Sugars 42 g, Protein 28 g, Vitamin A (35% DV), Vitamin C (20% DV), Calcium (40% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p> |
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THURSDAY

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| <p>Meatball Stroganoff, Mixed Vegetables, Brussels Sprouts, White Dinner Roll with Margarine, Banana Milk</p> | <p>The antioxidants in this serving of Brussels sprouts can help strengthen your immune system.</p> | <p>Nutrition Facts Serv. Size, Servings 1, Amount Per Serving: Calories 890, Fat Cal. 300, Total Fat 34 g (52% DV), Sat. Fat 14 g (70% DV), Cholest. 125 mg (42% DV), Sodium 790 mg (33% DV), Total Carb. 110 g (37% DV), Fiber 15 g (60% DV), Sugars 30 g, Protein 36 g, Vitamin A (130% DV), Vitamin C (150% DV), Calcium (45% DV), Iron (35% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p> |
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FRIDAY

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| <p>Roast Turkey with Turkey Gravy, Cranberry Sauce, Turnip Greens, Beets, Cornbread with Margarine, Sugar Cookie Milk</p> | <p>This serving of beets has only 30 calories, but is packed with vitamins and minerals!</p> | <p>Nutrition Facts Serv. Size, Servings 1, Amount Per Serving: Calories 650, Fat Cal. 180, Total Fat 20 g (31% DV), Sat. Fat 8 g (40% DV), Cholest. 130 mg (43% DV), Sodium 960 mg (40% DV), Total Carb. 71 g (24% DV), Fiber 6 g (24% DV), Sugars 34 g, Protein 43 g, Vitamin A (50% DV), Vitamin C (30% DV), Calcium (50% DV), Iron (35% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p> |
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WEEK 2

MONDAY

Oven Fried Chicken,
Roasted Red Potatoes,
Fancy Vegetable Blend,
White Dinner Roll with
Margarine, Fresh Orange
Milk

**The first step toward
healthy habits is a
positive attitude.
Your biggest obstacles
are in your head.**

Nutrition Facts Serv. Size, Servings 1, Amount Per Serving:
Calories 690, Fat Cal. 200, Total Fat 22 g (34% DV), Sat. Fat 7 g (35% DV),
Cholest. 160 mg (53% DV), Sodium 1210 mg (50% DV),
Total Carb. 75 g (25% DV), Fiber 10 g (40% DV), Sugars 27 g, Protein 46 g,
Vitamin A (35% DV), Vitamin C (140% DV), Calcium (45% DV), Iron (6% DV).
Percent Daily Values (DV) are based on a 2,000 calorie diet.

TUESDAY

Meatloaf with Gravy,
California Vegetable
Blend, **Baked Beans**,
Whole
Wheat Dinner Roll
with Margarine, Pears
Milk

**The fiber in ½ cup of
these beans may help
to lower your
cholesterol.**

Nutrition Facts Serv. Size, Servings 1, Amount Per Serving:
Calories 670, Fat Cal. 190, Total Fat 21 g (32% DV), Sat. Fat 3.5 g (18% DV),
Cholest. 75 mg (25% DV), Sodium 970 mg (40% DV),
Total Carb. 82 g (27% DV), Fiber 9 g (36% DV), Sugars 37 g, Protein 40 g,
Vitamin A (150% DV), Vitamin C (80% DV), Calcium (40% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000
calorie diet.

WEDNESDAY

BBQ Chicken Breast over
Brown Rice, Chopped
Spinach, Rutabagas,
White Dinner Roll with
Margarine, Jell-O
Milk

**Brown rice is a whole
grain which contains
B vitamins and fiber.**

Nutrition Facts Serv. Size, Servings 1, Amount Per Serving:
Calories 580, Fat Cal. 90, Total Fat 10 g (15% DV), Sat. Fat 3.5 g (18% DV),
Cholest. 60 mg (20% DV), Sodium 680 mg (28% DV),
Total Carb. 81 g (27% DV), Fiber 7 g (28% DV), Sugars 33 g, Protein 39 g,
Vitamin A (290% DV), Vitamin C (70% DV), Calcium (50% DV),
Iron (25% DV). Percent Daily Values (DV) are based on a 2,000
calorie diet.

THURSDAY

Beef Chili, Corn,
Mustard Greens,
Cornbread with
Margarine, Applesauce
Milk

**Did you know
mustard greens are
rich in calcium?
Calcium helps your
muscles contract,
including your heart.**

Nutrition Facts Serv. Size, Servings 1, Amount Per Serving:
Calories 790, Fat Cal. 260, Total Fat 29 g (45% DV), Sat. Fat 9 g (45% DV),
Cholest. 80 mg (27% DV), Sodium 790 mg (33% DV),
Total Carb. 100 g (33% DV), Fiber 9 g (36% DV), Sugars 30 g, Protein 32 g,
Vitamin A (90% DV), Vitamin C (90% DV), Calcium (50% DV), Iron (30% DV).
Percent Daily Values (DV) are based on a 2,000 calorie diet.

FRIDAY

Lemon Pepper Fish,
Ginger Glazed Carrots,
Braised Cabbage,
Whole Wheat Dinner Roll
with Margarine,
Chocolate Cake
Milk

**Eating this delicious
cabbage may help
prevent some types
of cancer.**

Nutrition Facts Serv. Size, Servings 1, Amount Per Serving:
Calories 790, Fat Cal. 230, Total Fat 26 g (40% DV), Sat. Fat 7 g (35% DV),
Cholest. 135 mg (45% DV), Sodium 850 mg (35% DV),
Total Carb. 96 g (32% DV), Fiber 8 g (32% DV), Sugars 41 g, Protein 44 g,
Vitamin A (240% DV), Vitamin C (70% DV), Calcium (45% DV),
Iron (10% DV). Percent Daily Values (DV) are based on a 2,000
calorie diet.