Week 1

**Monday**

2 ounces roast pork (CND#50411; USDA Food # A672; MM recipe# 1281)

1 cup steamed brown rice (USDA Food # 100499/B545; MM recipe # 1282)

1 cup USDA Recipe I-13 - Orange Glazed Sweet Potatoes (1 cup Red/Orange veg) [CND# 50185; MM recipe # 1299]

1 cup grapes (CND#9131; MM recipe # 1297)

1 cup 1 % milk (CND# 1082; MM recipe # 1280) OR

1 cup nonfat milk [CND#1085; MM recipe #1234)

\*daily salad

**Tuesday**

1 cup USDA Recipe D-22 - Ground Beef & Macaroni (2 .5 oz Meat/Meat Alternate, 1/4 cup Red/Orange veg, tomatoes 1/8 cup Onion, other veg), 1 oz eq Grains- non WGR) [CND# 50100; MM recipe #1300]

1 (1 oz) whole wheat roll (1 oz eq Whole Grain Rich Grains) [CND# 18348; MM recipe #1284]

1 teaspoon margarine (regular 80% fat) [CND# 4073; MM recipe #1301]

½ cup steamed fresh zucchini (1/2 cup other veg) [CND# 11478; MM recipe #1285]

1 banana- medium (1/2 cup fruit) [CND# 9040; MM recipe # 1244]

1 portion USDA Recipe C-01 - Apple Cobbler– (1/2 cup fruit and 1 oz eq Grains) – Non- Whole Grain Rich [CND# 50038; MM recipe # 1283]

1 cup 1% milk (CND# 1082; MM recipe # 1280) OR

1 cup nonfat milk [CND#1085; MM recipe #1234)

**Wednesday**

½ cup USDA Recipe E-05 - Chicken salad (2 oz Meat/Meat Alternate) [CND# 50329; MM recipe # 1286] with

2 slices whole wheat bread (2 oz eq Whole Grain Rich Grains) [CND# 18075; MM recipe # 1287]

1 cup fresh steamed broccoli and cauliflower (1/2 cup other veg, ½ cup dark green veg) [CND#s 11136 and 11091; MM recipe#s 1289 & 1288]

1 cup fresh strawberries, sliced (1 cup fruit) [CND# 9316; MM recipe# 1302]

1 cup 1% milk (CND# 1082; MM recipe # 1280) OR

1 cup nonfat milk [CND#1085; MM recipe #1234)

\*daily salad

**Thursday**

1 portion (73 grams) USDA Recipe D-46 - Baked Cajun Fish (2 oz Meat /Meat Alternate) [MM recipe # 1146]

2.0 pieces USDA Recipe B-09 - Cornbread (2 oz Whole Grain Rich) [modified USDA Recipe to ww flour/whole grain cornmeal] [MM recipe #1298]

1 teaspoon margarine (regular 80%) [CND# 4073; MM recipe # 1301]

2/3 cup USDA Recipe I-06 - Baked Beans (½ cup legume veg) [CND# 50178; MM recipe # 1213]

1 cup romaine salad with (1/2 cup green veg) [CND# 11251; MM recipe # 1291]

2 tablespoons USDA Recipe E-15 - Italian Dressing (CND# 50137; MM recipe #1164)

1 cup canned apricot halves in light syrup (1 cup fruit) [CND# 50361; USDA Food #A360; MM recipe # 1293]

1 cup 1 % milk (CND# 1082; MM recipe # 1280) OR

1 cup nonfat milk [CND#1085; MM recipe #1234)

\*daily salad

**Friday**

1 slice cheese pizza with whole grain crust -1 slice = 131.8 grams - ( 2 oz Meat Alternate, 2 oz eq Whole Grain Rich Grains, 1/8 cup Tomato Paste, Red/Orange veg) [CND# 117557; MM recipe# 1294]

½ cup peas, cooked from frozen, drained, w/o salt (1/2 cup starchy veg) [USDA Food 100350/A160; CND# 50488; MM recipe #1340]

½ cup cherry tomatoes (1/2 cup Red/Orange veg) [copy of CND# 11529; MM item # 900006; MM recipe # 1296] with

2 tablespoons USDA Recipe E-13- Creamy Dip for Vegetables [CND# 50134; MM recipe # 1162]

1 cup peach slices - light syrup (CND# 50368, USDA Food #A409, MM recipe # 1292)

1 cup 1 % milk (CND# 1082; MM recipe # 1280) OR

1 cup nonfat milk [CND#1085; MM recipe #1234)

\*daily salad: 1 cup romaine (credits as ½ cup dk green), ¼ cup tomato (R/O), ¼ cup cucumber (other)