

**HIGH** = Sodium > 1000 mg for entire meal

\* = Vitamin C source

\_\_\_ = Vitamin A source



= Sodium >400 mg for indicated item

All meals served with low-fat milk and fruit.

<b>4-WEEK FRESH MEAL CYCLE MENU</b>			
<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
<b>MEAL 1</b>	<b>HIGH</b>		
Egg Salad Sandwich w/Lettuce, Tomato, Onion Whole Wheat Bread x1 * Marinated Broccoli Salad <u>Baby Carrots</u>	Turkey & Cran Sandwich w/Lettuce & Onion Mustard, Mayonnaise Whole Wheat Bread x2 * Bayou Coleslaw <u>Carrot Raisin Salad</u>	2 Hard-Boiled Eggs Cheese Stick <u>Spinach Salad</u> w/Dressing * Mandarin Oranges	Tuna Salad Sandwich w/Lettuce, Tomato, Onion (Use bread from whole loaf) Marinated Beets & Onions * Citrus Fruit
<b>MEAL 2</b>			
Seafood Louie Salad w/Mock Crab and * Grape Tomatoes Whole Wheat Roll Thousand Island Dressing	Chicken Fiesta Salad w/Chicken, Black Beans, Corn, Onions, Cheese and Salsa * Grape Tomatoes Ranch Dressing	Turkey & Cheese Sandwich w/Lettuce, Tomato, Onion Mustard, Mayonnaise Whole Wheat Bread x2 <u>Baby Carrots</u> * Broccoli Raisin Salad	Chicken Caesar Salad w/Chicken, Croutons, and Parmesan Cheese * Cherry Tomatoes <u>Apricots</u> Caesar Dressing