

Happy Spring!

SOUTHERN CRESCENT 2010

Menus for: April, May, June

WEEK: 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate: 3 oz Cooked Edible Portions	BBQ Chicken Sandwich	Turkey Club Swiss Cheese	½ c Chicken* Salad w/ lettuce	Beefaroni (Noodles, Beef, Cheese)	Black Eyed Peas
Vegetables: ½ c Servings	Vegetarian Baked Beans Cole Slaw	Lettuce, Tomato Pickles, Onion Potato Salad	Carrot Raisin Salad Pickled Beets	Tossed Salad Green Beans	Steamed Cabbage Mac & Cheese
Bread or Alternate:	Whole wheat Bun	Whole Wheat Bread	4 Whole Wheat Crackers	Noodles in Beefaroni	Cornbread
Fortified Margarine: 1 tsp	Margarine	Low-fat mayo in potato salad	Low-fat Mayo	Low-Fat Dressing	Margarine
Dessert: ½ cup Serving	Applesauce with strawberries	Lite Chocolate/ Vanilla Pudding	Banana	Orange Gelatin w/mandarin oranges	Pear Salad
1% Milk: ½ pint Serving	Milk	Milk	Milk	Milk	Milk
Beverage:	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea

*Can substitute tuna salad

**Daily Breakfast: whole grain, 100% fruit juice

Approved by:
SOUTHERN CRESCENT

Menus for: April - June 2010

Week: 2

Happy Spring!

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate: 3 oz Cooked Edible Portions	Roasted Chicken Breast	Hamburger	Southwest Chicken w/salsa & cheese	Meatloaf	1 cup Pinto beans with Onion Slices
Vegetables: ½ c Servings	Creamed Corn Spring Veggie Medley	Sliced Baked Potatoes Lettuce and Tomato	Black bean Mexican Rice	Green beans Mashed potatoes	Stewed Tomatoes w/okra Turnip Greens
Bread or Alternate:	Wild Rice	Whole Wheat Hamburger Bun	(rice)	Cornbread	Cornbread
Fortified Margarine: 1 tsp	Margarine	Mayonnaise Mustard	n/a	Margarine	Margarine
Dessert: ½ cup Serving	Pineapple Salad	Tropical Fruit Salad	Baked Apples	Melon Slices	Peach Halves
1% Milk: ½ pint Serving	Milk	Milk	Milk	Milk	Milk
Beverage:	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea

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Menus for: April-June 2010

Week: 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate: 3 oz Cooked Edible Portions	Baked Ham	Lemon Pepper Baked Fish	BBQ Chicken Breast	Chef Salad	Speckled butter beans
Vegetables: ½ c Servings	Lima Beans Potato Salad	Vegetarian Baked Beans Cole Slaw	Mashed Potatoes Brussel Sprouts	Pasta Salad Lettuce and Tomato	Mixed Greens Squash
Bread or Alternate:	Wheat Roll	Whole Wheat Roll (or grits)	Whole Wheat Roll	Whole Wheat Crackers	Cornbread
Fortified Margarine: 1 tsp	Margarine	Mayonnaise in Salad	Gravy	Dressing in Salad	Dressing in salad
Dessert: ½ cup Serving	Pears	Angel Food Cake w/ Strawberries	Mandarin Oranges	Pineapple w/ cottage cheese	Fruit Cobbler
1% Milk: ½ pint Serving	Milk	Milk	Milk	Milk	Milk
Beverage:	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea

SOUTHERN CRESCENT

Menus for: April - June 2010

Week: 4

Happy Spring!

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate: 3 oz Cooked Edible Portions	Beef Tips & Noodles	Vegetable Lasagna	Ground Beef Taco w/ Salsa	Chicken & Rice Casserole	Lima Beans
Vegetables: ½ c Servings	Yams Turnip Greens	Broccoli Salad	Mexican Corn Lettuce, Tomato	Tossed Salad Baby Carrots	Collards Stewed Tomatoes
Bread or Alternate:	Cornbread	Garlic Toast	Soft Taco Shell	Whole Wheat Roll	Cornbread
Fortified Margarine: 1 tsp	Margarine	Margarine	Sour Cream	Margarine	Margarine
Dessert: ½ cup Serving	Pineapple Tidbits	Low-Fat Sugar-Free Brownie	Melon Slices or fresh fruit	Banana Pudding	Oatmeal Raisin Cookie
1% Milk: ½ pint Serving	Milk	Milk	Milk	Milk	Milk
Beverage:	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea

Alternate Menu: Sliced Turkey & Swiss Sandwich, Whole Wheat Bread, Low-Fat Mayonnaise & Mustard, Lettuce/Tomato/Onion, Potato Salad, Fresh Fruit or Sugar-Free Cookie