

## FY26 Diet For Health Menu

Day 1		Breakfast			Lunch			Dinner		
Meat/Bread	Egg, Cheese Potato Burrito	2 ea		Meat	BBQ Pulled Pork	4 oz		Meat/Bread	Beef Dirty Rice	8 oz
	Salsa	1 tbsp		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Bread	Sliced Bread	2 ea		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp			Beverage of Choice	AD		Bread	Cornbread	1 pc
Dairy	Milk	8 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
	Coffee	AD								

Day 2										
Meat	Scrambled Eggs	4 oz		Meat/Bread	Corn Dog	2 ea		Meat	Chilled Tuna Salad	4 oz
Bread	Cereal of Choice	4 oz/1ea			Mustard	1 tbsp		Veg	Bean of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Bean of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Bread	Biscuits	2 ea		Veg	Canned Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
	Diet Jelly	1 pkt		Bread	Cornbread	1 pc		Bread	Crackers	8 ea
Dairy	Margarine	1 tbsp			Beverage of Choice	AD			Beverage of Choice	AD
	Coffee	AD		Dairy	Milk	8 oz				
Dairy	Milk	8 oz								

Day 3										
Bread	Pancakes	2 ea		Meat	Baked Ham Steak	1 ea		Meat	Beef Swedish Meatballs	2 ea
	Diet Syrup	1 pkt/1 oz			Pineapple Mustard Glaze	2 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp		Bread	Cornbread	1 pc		Bread	Sliced Bread	2 ea
Meat	Peanut Butter	2 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
Dairy	Milk	8 oz			Beverage of Choice	AD				
	Coffee	AD								

## FY26 Diet For Health Menu

Day 4		Breakfast			Lunch			Dinner		
Meat	Fried Eggs	2 ea		Meat/Bread	Beef Fideo	8 oz		Meat/Bread	Cheesy Pork Macaroni	8 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Fruit	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Bread	Toast	2 ea		Bread	Flour Tortillas	2 ea		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp		Dairy	Milk	8 oz		Bread	Sliced Bread	2 ea
	Diet Jelly	1 pkt			Beverage of Choice	AD			Beverage of Choice	AD
Dairy	Milk	8 oz								
	Coffee	AD								

Day 5										
Bread	Pancakes	2 ea		Meat	Pork Polish Roll	1 ea		Meat	Beef Stew	8 oz
	Diet Syrup	1 pkt/1 oz		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Bread	Spanish Rice	4 oz		Veg	Potatoes/Carrots /Peas w/entrée	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Dairy	Margarine	1 tbsp		Bread	Cornbread	1 pc		Fruit	Fruit of Choice	4 oz/2 oz
Meat	Peanut Butter	2 oz			Beverage of Choice	AD		Bread	Cornbread	1 pc
Dairy	Milk	8 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
	Coffee	AD								

Day 6										
Meat	Scrambled Eggs	4 oz		Meat	Grilled Beef Sausage Roll	4 oz.		Meat	Beef Meatloaf	4 oz
Bread	Cereal of Choice	4 oz/1ea			Mustard/ Mayo	2 tbsp			Rich Tomato Gravy	2 oz
Fruit	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Biscuits	2 ea		Veg	Bean of choice	4 oz.		Veg	Vegetable of Choice	4 oz
	Diet Jelly	1 pkt		Bread	Steamed Rice	4 oz.		Fruit	Fruit of Choice	4 oz/2 oz
	Coffee	AD		Bread	Sliced Bread	2 ea		Bread	Sliced Bread	2 ea
				Dairy	Milk	8 oz				
	Orange Drink	AD			Beverage of Choice	AD			Beverage of Choice	AD

## FY26 Diet For Health Menu

Day 7			Breakfast			Lunch			Dinner		
Meat/Bread	French Toast	2 ea		Meat/Bread	Beef Tamale Pie	8 oz		Meat	Beef Bologna	4 oz	
	Diet Syrup	1 pkt/1 oz		Veg	Bean of Choice	4 oz			Mustard / Mayo	2 Tbsp	
Bread	Cereal of Choice	4 oz/1ea		Bread	Spanish Rice	4 oz		Veg	Bean of Choice	4 oz	
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz	
Dairy	Margarine	1tbsp		Bread	/w entrée			Fruit	Fruit of Choice	4 oz/2 oz	
Meat	Peanut Butter	2 oz			Salsa	1 tbsp		Bread	Sliced Bread	2 ea	
	Orange Drink	AD		Dairy	Milk	8 oz			Beverage of Choice	AD	
	Coffee	AD			Beverage of Choice	AD					

Day 8											
Bread	Pancakes	2 ea		Meat	Chicken Parmesean	1 ea		Meat	Sausage and Chicken Gumbo	8 oz	
	Diet Syrup	1 pkt/1 oz		Bread	Italian Pasta	4 oz		Veg	Bean of Choice	4 oz	
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Veg	Vegetable of Choice	4 oz	
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz	
Dairy	Margarine	1 tbsp		Bread	Sliced Bread	2 ea		Bread	Steamed Rice	4 oz	
Meat	Peanut Butter	2 oz			Beverage of Choice	AD		Bread	Cornbread	1 pc	
	Coffee	AD		Dairy	Milk	8 oz			Beverage of Choice	AD	
Dairy	Milk	8 oz									

Day 9											
Meat/Bread	Breakfast Pizza	1 sl		Meat/Bread	Corn Dog	2 ea		Meat	Beef Chili	4 oz	
	Salsa	1 tbsp			Mustard	1 Tbsp		Veg	Bean of Choice	4 oz	
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz	
Fruit	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz	
Bread	w/entrée			Bread	Cornbread	1 pc		Bread	Rice	4 oz	
Dairy	Margarine	1 tbsp			Beverage of Choice	AD		Bread	Crackers	8 ea	
Dairy	Milk	8 oz		Dairy	Milk	8 oz			Beverage of Choice	AD	
	Coffee	AD									

## FY26 Diet For Health Menu

Day 10	Breakfast			Lunch			Dinner			
Bread	Pancakes	2 ea		Meat	Beef Patty Melt	4 oz		Meat/Bread	Pork Enchiladas	2 ea
	Diet Syrup	1 pkt/1 oz			Mustard	1 tbsp			Salsa	1 tbsp
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Bread	Spanish Rice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Bean of Choice	4 oz
Dairy	Margarine	1 tbsp		Bread	Sliced Bread	2 ea		Fruit	Fruit of Choice	4 oz/2 oz
Meat	Peanut Butter	2 oz			Beverage of Choice	AD		Veg	Vegetable of Choice	4 oz
Dairy	Milk	8 oz		Dairy	Milk	8 oz		Bread	Corn Tortillas(w/entr�e)	2 ea
	Coffee	AD							Beverage of Choice	AD

Day 11										
Meat	Fried Eggs	2 ea		Meat	Beef Sauce	4 oz		Meat	Tuna Salad	4 oz
Bread	Cereal of Choice	4 oz/1ea		Bread	Spaghetti	4 oz		Veg	Bean of Choice	4 oz
Fruit	Fruit of Choice	4 oz/2 oz		Veg	Bean of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Bread	Toast	2 ea		Veg	Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
	Diet Jelly	1 pkt		Bread	Sliced Bread	2 ea		Bread	Sliced Bread	2 ea
Dairy	Margarine	1 tbsp			Beverage of Choice	AD			Beverage of Choice	AD
Dairy	Milk	8 oz		Dairy	Milk	8 oz				
	Coffee	AD								

Day 12										
Bread	Pancakes	2 ea		Meat	Pulled Pork	4 oz		Meat/Bread	Grilled Cheese Sandwich	2 ea
	Diet Syrup	1 pkt/1 oz		Veg	Beans of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Bread	Cornbread	1 pc		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp			Beverage of Choice	AD		Bread	Sliced Bread (w/entr�e)	4 ea
Meat	Peanut Butter	2 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
Dairy	Milk	8 oz								
	Coffee	AD								

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Day 13		Breakfast			Lunch			Dinner		
Meat	Scrambled Eggs	4 oz		Meat/Bread	Beef Noodle Casserole	8 oz		Meat/Bread	Pork Pot Pie	8 oz
	Diet Jelly	1 pkt		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Dairy	Margaine	1 tbsp		Bread	Sliced Bread	2 ea		Fruit	Fruit of Choice	4 oz/2 oz
Fruits	Fruit of Choice	4 oz/2 oz		Dairy	Milk	8 oz		Bread	Cornbread	1 pc
Bread	Biscuits	2 ea			Beverage of Choice	AD			Beverage of Choice	AD
	Coffee	AD								
	Orange Drink	AD								

Day 14										
Meat/Bread	French Toast	2 ea		Meat/Bread	Beef Pizza	1 sl		Meat/Bread	Pork Noodle Casserole	8 oz
	Diet Syrup	1 pkt/1 oz		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Bread	Garlic Butter Macaroni	4 oz		Veg	Vegetable of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp		Bread	in entrée			Bread	Cornbread	1 pc
Meat	Peanut Butter	2 oz			Beverage of Choice	AD			Beverage of Choice	AD
	Orange Drink	AD		Dairy	Milk	8 oz				
	Coffee	AD								

Day 15										
Bread	Pancakes	2 ea		Meat	Baked Fresh Pork Patty	1 ea		Meat/Bread	Beef Stir Fry	8 oz
	Diet Syrup	1 pkt/1 oz			Mustard Maple Glaze	2 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp		Bread	Cornbread	1 pc		Bread	Steam Rice w/ entrée	4 oz
Meat	Peanut Butter	2 oz			Beverage of Choice	AD		Bread	Cornbread	1 pc
Dairy	Milk	8 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
	Coffee	AD								

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Day 16		Breakfast			Lunch			Dinner		
Meat	Scrambled Eggs	4 oz		Meat	Baked Chicken	1 qtr		Meat/Bread	Beef Lasagna	8 oz
	Diet Jelly	1 pkt		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Bread	Sliced Bread	2 ea		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp			Beverage of Choice	AD		Bread	Garlic Toast	2 ea
Bread	Toast	2 ea			Milk	8 oz			Beverage of Choice	AD
Dairy	Milk	8 oz								
	Coffee	AD								

Day 17										
Bread	Pancakes	2 ea		Meat	Hot Dog	4 oz		Meat/Bread	Soft Beef Tacos	2 ea
	Diet Syrup	1 pkt/1 oz		Veg	Mustard / Relish	2 Tbsp			Salsa	1 tbsp
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Dairy	Margarine	1 tbsp		Bread	Sliced Bread	2 ea		Fruit	Fruit of Choice	4 oz/2 oz
Meat	Peanut Butter	2 oz			Beverage of Choice	AD		Bread	Flour Tortillas (w/entrée)	2 ea
Dairy	Milk	8 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
	Coffee	AD								

Day 18										
Meat	Fried Eggs	2 ea		Meat	Baked Fresh Ham	1 ea		Meat	Pepper Steak	1 ea
Bread	Cereal of Choice	4 oz/1ea			Pineapple Glaze	2 oz			Brown Gravy	2 oz
Fruit	Fruit of Choice	4 oz/2 oz		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Biscuits	2 ea		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Dairy	Margarine	1 tbsp		Bread	Cornbread	1 pc		Fruit	Fruit of Choice	4 oz/2 oz
	Diet Jelly	1 pkt			Beverage of Choice	AD		Bread	Sliced Bread	2 ea
Dairy	Milk	8 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
	Coffee	AD								

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Day 19	Breakfast			Lunch			Dinner			
Bread	Pancakes	2 ea		Meat	Chicken Patty	1 ea		Meat	Grilled Pork Patty	1 ea
	Diet Syrup	1 pkt/1 oz		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Bread	Steamed Rice	4 oz.
Fruit	Fruit of Choice	4 oz/2 oz			Country Gravy	2 oz		Veg	Vegetable of Choice	4 oz
Dairy	Margarine	1 tbsp		Bread	Sliced Bread	2 ea		Fruit	Fruit of Choice	4 oz/2 oz
Meat	Peanut Butter	2 oz			Beverage of Choice	AD		Bread	Cornbread	1 pc
Dairy	Milk	8 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
	Coffee	AD								

Day 20										
Meat	Scrambled Eggs	4 oz		Meat	Fried Fish	1 ea		Meat	BBQ Beef	4 oz
Fruit	Fruit of Choice	4 oz/2 oz			Tarter Sauce	2 tbsp		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
Bread	Toast	2 ea		Bread	Macaroni and Cheese	4 oz		Veg	Vegetable of Choice	4 oz
	Diet Jelly	1 pkt		Veg	Vegetable of Choice	4 oz		Bread	Sliced Bread	2 ea
Dairy	Margarine	1 tbsp		Bread	Sliced Bread	2 ea			Beverage of Choice	AD
	Coffee	AD		Dairy	Milk	8 oz				
	Orange Drink	AD			Beverage of Choice	AD				

Day 21										
Meat/Bread	French Toast	2 ea		Meat	Baked Fresh Ham	4 oz		Meat/Bread	Beef Stroganoff	8 oz
	Diet Syrup	1 pkt/1 oz		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Bread	Cornbread	1 pc		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp			Beverage of Choice	AD		Bread	Cornbread	1 pc
Meat	Peanut Butter	2 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
	Orange Drink	AD								
	Coffee	AD								

## FY26 Diet For Health Menu

Day 22	Breakfast			Lunch			Dinner			
Bread	Pancakes	2 ea		Meat	Pork Goulash	8 oz		Meat	Tuna Salad	4 oz
	Diet Syrup	1 pkt/1 oz		Veg	Bean of Choice	4 oz				
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Bean of Choice	4 oz
Fruit	Fruit of Choice	4 oz/2 oz		Bread	Cornbread	1 pc		Veg	Vegetable of Choice	4 oz
Dairy	Margarine	1 tbsp		Dairy	Milk	8 oz		Fruit	Fruit of Choice	4 oz/2 oz
Meat	Peanut Butter	2 oz			Beverage of Choice	AD		Bread	Crackers	8 ea
Dairy	Milk	8 oz							Beverage of Choice	AD
	Coffee	AD								

Day 23										
Meat/Bread	Beef Breakfast Pizza	1 sl		Meat/Bread	Fried Fish	1 ea		Meat	Pork Polish Roll	4 oz
Bread	Cereal of Choice	4 oz/1ea			Tartar Sauce	2 Tbsp		Veg	Bean of Choice	4 oz
Fruit	Fruit of Choice	4 oz/2 oz		Veg	Bean of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Bread	Bread w/entrée			Veg	Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
Dairy	Margarine	1 tbsp		Bread	Sliced Bread	2 ea		Bread	Sliced Bread	2 sl
Dairy	Milk	8 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
	Coffee	AD			Beverage of Choice	AD				

Day 24										
Bread	Pancakes	2 ea		Meat	Grilled Pork Patty	1 ea		Meat	BBQ Beef	4 oz
	Diet Syrup	1 pkt/1 oz		Veg	Bean of Choice	4 oz				
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Bean of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Bread	Sliced Bread	2 ea		Veg	Vegetable of Choice	4 oz
Dairy	Margarine	1 tbsp			Beverage of Choice	AD		Fruit	Fruit of Choice	4 oz/2 oz
Meat	Peanut Butter	2 oz		Dairy	Milk	8 oz			Beverage of Choice	AD
Dairy	Milk	8 oz						Bread	Sliced Bread	2 ea
	Coffee	AD								

## FY26 Diet For Health Menu

Day 25			Breakfast			Lunch			Dinner		
Meat	Fried Eggs	2 ea		Meat	Italian Meat Balls	2 ea		Meat	Salisbury Steak	4 oz	
Bread	Cereal of Choice	4 oz/1ea		Bread	Spaghetti w/Marinara Sauce	4 oz			Brown Gravy	2 oz	
Fruit	Fruit of Choice	4 oz/2 oz		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz	
Bread	Biscuits	2 ea		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz	
Dairy	Margarine	1 tbsp		Bread	Sliced Bread	2 ea		Fruit	Fruit of Choice	4 oz/2 oz	
	Diet Jelly	1 pkt		Dairy	Milk	8 oz		Bread	Cornbread	1 pc	
Dairy	Milk	8 oz			Beverage of Choice	AD			Beverage of Choice	AD	
	Coffee	AD									

Day 26											
Meat/Bread	Egg Griddle Sandwich	1 ea		Meat	Pork Carnitas	4 oz		Meat	Beef Sausage Roll	4 oz	
	Diet Syrup	1 pkt/1 oz			Salsa	1 tbsp			Mustard / Mayo	2 tbsp	
Bread	Cereal of Choice	4 oz/1ea			Cheese Sauce	2 oz		Veg	Bean of Choice	4 oz	
Fruit	Fruit of Choice	4 oz/2 oz		Veg	Bean of Choice	4 oz		Veg	Vegetable of Choice	4 oz	
Dairy	Margarine	1 tbsp		Veg	Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz	
Dairy	Milk	8 oz		Bread	Corn Tortilla Chips	8 ea		Bread	Sliced Bread	2 ea	
	Coffee	AD			Beverage of Choice	AD			Beverage of Choice	AD	
				Dairy	Milk	8 oz					

Day 27											
Meat/Bread	Breakfast Burrito	2 ea		Meat/Bread	Chicken and Dumplings	8 oz		Meat	Grilled Pork Patty	1 ea	
	Salsa	1 tbsp		Veg	Bean of Choice	4 oz			Mustard	1 tbsp	
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Bean of Choice	4 oz	
Fruits	Fruit of Choice	4 oz/2 oz		Bread	Cornbread	1 pc		Veg	Vegetable of Choice	4 oz	
Bread	Flour Tortilla w/ entrée	2 ea			Beverage of Choice	AD		Fruit	Fruit of Choice	4 oz/2 oz	
	Orange Drink	AD		Dairy	Milk	8 oz		Bread	Sliced Bread	2 ea	
	Coffee	AD							Beverage of Choice	AD	

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Day 28		Breakfast			Lunch			Dinner		
Bread	Pancakes	2 ea		Meat	Baked Chicken	1 qtr		Meat	Beef Salami	4 oz
	Diet Syrup	1 pkt/1 oz		Veg	Bean of Choice	4 oz			Mustard	1 Tbsp
Bread	Cereal of Choice	4 oz/1ea		Veg	Vegetable of Choice	4 oz		Veg	Bean of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Bread	Sliced Bread	2 ea		Veg	Vegetable of Choice	4 oz
Dairy	Margarine	1 tbsp		Dairy	Milk	8 oz		Fruit	Fruit of Choice	4 oz/2 oz
Meat	Peanut Butter	2 oz			Beverage of Choice	AD		Bread	Sliced Bread	2 ea
	Coffee	AD							Beverage of Choice	AD
Dairy	Milk	8 oz								

Day 29		Breakfast			Lunch			Dinner		
Bread	Pancakes	2 ea		Veg/Bread	Burrito	1 ea		Meat	Beef Stir Fry	8 oz
	Diet Syrup	1 pkt/1 oz			Salsa	1 tbsp		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Dairy	Margarine	1 tbsp		Bread	Spanish Rice	4 oz		Bread	Steamed Rice w/ entrée	4 oz
Meat	Peanut Butter	2 oz		Dairy	Milk	8 oz		Bread	Cornbread	1 pc
Dairy	Milk	8 oz		Bread	Cornbread	1 pc			Beverage of Choice	AD
	Coffee	AD			Beverage of Choice	AD				

Day 30		Breakfast			Lunch			Dinner		
Meat	Scrambled Eggs	4 oz		Meat	Chicken Patty	1 ea		Meat/Bread	Italian Beef Spaghetti	8 oz
Bread	Cereal of Choice	4 oz/1ea		Veg	Bean of Choice	4 oz		Veg	Bean of Choice	4 oz
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Vegetable of Choice	4 oz		Veg	Vegetable of Choice	4 oz
Bread	Toast	2 ea		Bread	Sliced Bread	2 ea		Fruit	Fruit of Choice	4 oz/2 oz
	Diet Jelly	1 pkt			Beverage of Choice	AD		Bread	Garlic Bread	2 ea
Dairy	Margarine	1 tbsp		Dairy	Milk	8 oz			Beverage of Choice	AD
Dairy	Milk	8 oz								
	Coffee	AD								

## FY26 Diet For Health Menu

Day 31	Breakfast			Lunch			Dinner			
Meat/Bread	French Toast	2 ea		Meat	Grilled Hamburger Patty	1 ea.		Meat	Pork Breakfast Casserole	4 oz
	Diet Syrup	1 pkt/1 oz			Mustard	1 tbsp		Veg	Bean of Choice	4 oz
Bread	Cereal of Choice	4 oz/ea			Pickles	6 ea		Bread	Flour Tortillas	2 ea
Fruits	Fruit of Choice	4 oz/2 oz		Veg	Bean of Choice	4 oz		Bread	Cereal of Choice	4oz/1 ea
Dairy	Margarine	1 tbsp		Veg	Vegetable of Choice	4 oz		Fruit	Fruit of Choice	4 oz/2 oz
Meat	Peanut Butter	2 oz		Bread	Sliced Bread	2 ea			Beverage of Choice	AD
	Orange Drink	AD		Dairy	Milk	8 oz		Dairy	Milk	8 oz
	Coffee	AD			Beverage of Choice	AD				

When dessert is served DFH will receive 4 oz fruit.

Cereal served may be hot or dry, Serving size will determine what is served. Hot is 4 oz and dry is 1 ea.

Milk will be served five times per week.

Fresh vegetables and fruits will be served in lieu of canned vegetables and fruits when available.

AD - As desired.

Beverage of Choice (Tea, Punch, Lemonade Only)

When fruit is served serving size will be 4 oz for canned fruit and 2 oz dry.

Vegetables may be canned, fresh, or potatoes.

Syrup should be 1 pkt. If pkt. is unavailable 1 oz. of bulk syrup will be substituted.

Approved by: *Carly Kim, RDN, LD*