

**8 WEEK CYCLE FROZEN MOW MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>In Addition</b>
<b>WEEK 5</b>					
Cheese & Green Chili Tamale Fiesta Vegetables * Stewed Tomatoes	Turkey a la King over Biscuit * <u>Broccoli</u> <u>Scandinavian</u> <u>Vegetables</u>	Herb Fish over Wild Rice * Seasoned Cabbage <u>Mixed Vegetables</u>	Beef Lo Mein * <u>California</u> <u>Vegetables</u> Green Beans	Chicken Marsala * Mashed Potatoes <u>Carrots</u> Green Peas	1/2 gallon milk whole-grain animal crackers 5 fruits/juices
<b>WEEK 6</b>					
BBQ Pork Rib Patty * over Mashed Potatoes <u>Bean Medley</u> Applesauce	Beef Parmesan over Pasta Marinara Italian Green Beans * <u>California</u> <u>Vegetables</u>	Creamy Mushroom Chicken over Rice <u>Capri Vegetables</u> * Brussels Sprouts	Cheese Omelet w/Shredded Cheddar * <u>Spinach</u> * Red Potatoes	Potato Crusted Fish * Scalloped Potatoes Fiesta Vegetables Green Beans	5 beverage packets 1 loaf of whole-wheat bread 5 fruits/juices
<b>WEEK 7</b>					
Buffalo Chicken Drumsticks (2) * Garlic Mashed Potatoes <u>Scandinavian</u> <u>Vegetables</u>	Cheese Lasagna Roll-Up w/Cheese Diced Beets * Winter Vegetables	Beef Macaroni * <u>Spinach</u> Applesauce	Sweet & Sour Pork over Rice * Seasoned Cabbage Green Beans	Chicken & White Bean Chili * <u>Broccoli</u> <u>Carrots</u>	1/2 gallon milk whole-grain graham crackers 5 fruits/juices
<b>WEEK 8</b>					
Salmon Patty w/Dill Sauce over Rice * Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian over Asian Noodles <u>Carrots</u> * Steamed Cabbage	Bean & Cheese Burrito w/Enchilada Sauce Mexicali Corn * <u>Broccoli</u>	Swedish Meatballs * over Mashed Potatoes <u>Capri Vegetables</u> * Stewed Tomatoes	Turkey Divan over Rice Green Peas * <u>California</u> <u>Vegetables</u>	5 beverage packets 1 loaf of whole-wheat bread 5 fruits/juices

