

Title IIIC/NSIP Meal Pattern Worksheet

Quarter Fall/ Winter

Week (or Other Period) Week 1 – Created January 2025

Meal & Date Served	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Grain 1 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Grain 2 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Fritters w/ Carrots Chicken Fritters, Carrots, Cauliflower, Apple Juice, WW Roll, Powdered milk, Margarine	3 oz Chicken Fritters (4 each) #V9612	4 oz Carrots #FC860	4 oz Cauliflower #61108	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Tuscan Meatballs Meatballs, Red Potatoes, Tuscan Veggies, Grape Juice, WW Roll, Powdered milk, Margarine	3 oz Meatballs (7each) #CC876	4 oz Red Potatoes #V6036	4 oz Tuscan Veggies #821118	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Grilled Chicken Fajita Chicken, Red Potato, Green Beans, Apple Juice, WW Roll, Powdered milk, Margarine	3 oz Fajita Chicken #26354	4 oz Red Potatoes #V6036	4 oz Green Beans #CF264	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Orange Chicken Chicken Fritters, Orange sauce, Broccoli, Carrots, Applesauce Cup, WW Roll, Powdered milk, Margarine	3 oz Chicken Fritters (4 each) #V9612	4 oz Broccoli #61174	4 oz Carrots #FC860	4 oz Applesauce Cup #NA242		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Orange Sauce D9094
Chicken Fajita Bowl Fajita Chicken, Black Beans, Corn, Onions & Peppers, Grape Juice, WW Roll, Powdered milk, Margarine	3 oz Fajita Chicken #26354	4 oz Black Beans #15168	4 oz Corn #CF286	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 oz Onions & Peppers #61634

I certify that to the best of my knowledge, the meals in the attached menu for the period noted above follow the most recent Dietary Guidelines for Americans and one third of Dietary Reference Intakes established by the National Academy of Sciences.

AAAD Upper Cumberland

Provider Fit Clean Meals

Registration # LDN0000003731

Name Whitney Bignell, PhD, RDN, LD/N

Signature

Whitney Bignell

Date 02/13/2025

Title IIIC/NSIP Meal Pattern Worksheet

Quarter Fall/Winter

Week (or Other Period) Week 2 -Created January 2025

Meal & Date Served	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Grain 1 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to -eat cereal	Grain 2 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to -eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Country Fried Steak w/ Broccoli Country Fried Steak, Beef Gravy, Mashed Potatoes, Broccoli, WW Roll, Powdered milk, Apple Juice, Margarine	3 oz Country Fried Steak #BM200	4 oz Mashed Potatoes #DV728	4 oz Broccoli #61174	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Beef Gravy #11148
Chicken Chowder Chicken Pot Pie Filling, White Beans, Mixed Veggies, Onions & Peppers, Grape Juice, WW Roll, Powdered milk, Margarine	3 oz Chicken Pot Pie Filling #F1730	4 oz White Beans #10600	4 oz Mixed Veggies #HG682	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 oz Onions & Peppers #61634
Taco Bowl Taco meat, Corn, Black Beans, WW Tortilla, Powdered milk, Apple Juice, Margarine	3 oz Taco Meat #FH970	4 oz Corn #CF286	4 oz Black Beans #15168	4 oz 100% Apple juice #D4392		1 oz WW Tortilla #BW228	1 oz WW Tortilla	1 c Milk #GW172	4 g Margarine #73426	
Salisbury Steak w/ Sweet Potato Salisbury Steak, Beef Gravy, Sweet Potatoes, Green Beans, Grape Juice, WW Roll, Powdered milk, Margarine	3 oz Salisbury Steak #MT322	4 oz Sweet Potato #W0054	4 oz Green Beans #CF264	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Beef Gravy #11148
Omelet w/ Sausage Cheese Omelet, Turkey sausage, Home fries, Onions & peppers, WW Croissant, Powdered milk, Orange Juice, Margarine	3 oz 1 Cheese Omelet #K8030 2 Turkey Sausage #DR674	4 oz Home fries #E7430	4 oz Home fries #E7430	4 oz 100% Orange juice #D4350		1 oz WW Croissant #79418	1 oz WW Croissant	1 c Milk #GW172	4 g Margarine #73426	1 oz Onions & Peppers #NV518

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter Fall/Winter

Week (or Other Period) Week 3 – Created January 2025

Meal & Date Served	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Grain 1 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Grain 2 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Tenders w/ Green Peas Chicken Tenders, Green Peas, Carrots, WW Roll, Powdered milk, Apple Juice, Margarine	3 oz Chicken Tenders #B5268	4 oz <i>Green Peas</i> #CK556	4 oz <i>Carrots</i> #FC860	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Country Steak w/ Mix Veggies Country Fried Steak, Beef Gravy, Mashed Potatoes, Mixed Veggies, WW Roll, Powdered milk, Grape Juice, Margarine	3 oz Country Fried Steak #BM200	4 oz Mashed Potatoes #DV728	4 oz Mixed Veggies #HG682	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Beef Gravy #11148
Chili w/ Corn Beef Crumbles, Chili pinto beans, Corn, WW Roll, Powdered milk, Orange Juice, Margarine	3 oz Beef Crumbles #53050	<i>Chili Pinto Beans</i> #D2360	4 oz Corn #CF286	4 oz 100% Orange juice #D4350		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Beef Bowl Beef Crumbles, Mashed Potatoes, Brown gravy, Green Beans, WW Roll, Powdered milk, Apple Juice, Margarine	3 oz Beef Crumbles #53050	4 oz Mashed Potatoes #DV728	4 oz Green Beans #CF264	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Beef Gravy #11148
Ranch Chicken w/ Broccoli Fajita Chicken, Ranch Dressing, Home Fries, Broccoli, WW Roll, Powdered milk, Grape Juice, Margarine	3 oz Fajita Chicken #26354	4 oz Home fries #E7430	4 oz <i>Broccoli</i> #61174	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1TBS Ranch #20543


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Title IIIC/NSIP Meal Pattern Worksheet

Quarter Fall/Winter

Week (or Other Period) Week 4 – Created January 2025

Meal & Date Served	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready-to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready-to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Sweet & Sour Chicken Chicken Fritters, Sweet & Sour Sauce, Broccoli, Carrots, Applesauce Cup, WW Roll, Powdered milk, Margarine	3 oz Chicken Fritters (4 each) #V9612	4 oz Broccoli #61174	4 oz Carrots #FC860	4 oz Applesauce Cup #NA242		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Sweet Sour Sauce #22231
BBQ Chicken w/ Corn Fajita Chicken, BBQ Sauce, Corn, Baked Beans, Grape Juice, WW Roll, Powdered milk, Margarine	3 oz Fajita Chicken #26354	4 oz Corn #CF286	4 oz Baked Beans #FV508	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1TBS BBQ Sauce #R9882
Breakfast Burrito Egg Patty, Turkey Sausage Patty, Home Fries, Orange Juice, Peppers, Onions, WW Tortilla, Powdered milk, Margarine	3 oz 2 Egg Patties #65216 2 Turkey Sausage #DR674	4 oz Home Fries #E7430	4 oz Home Fries #E7430	4 oz 100% Orange juice #D4350		1 oz WW Tortilla #BW228	1 oz WW Tortilla	1 c Milk #GW172	4 g Margarine #73426	1 oz Onions & Peppers #NV518
Tuscan Meatballs Meatballs, Home Fries, Tuscan Veggies, Apple Juice, WW Roll, Powdered milk, Margarine	3 oz Meatballs (7each) #CC876	4 oz Home Fries #E7430	4 oz Tuscan Veggies #821118	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Chicken Breast w/ Sweet Pot Breaded Chicken Breast, Sweet Potato, Broccoli, WW Roll, Powdered milk, Grape Juice, Margarine	3 oz Breaded Chicken Breast #P7678	4 oz Sweet Potato #W0054	4 oz Broccoli #61174	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	

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Signature

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Meal & Date Served	Meal Components Enter appropriate food item and amount under each serving below.									
	Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready-to-eat cereal	Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready-to-eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Chili pinto beans, Onions & peppers Red potatoes, Corn, WW Roll, Powdered milk, Grape Juice, Margarine	Chili Pinto Beans #D2360	Red Potatoes #V6036	Corn #CF286	100% Grape juice #64836		WW Roll #BK244	WW Roll	Milk #GW172	Margarine #73426	Onions & Peppers #NV518
Chicken Tenders, Sweet Potato, Broccoli, WW Roll, Powdered milk, Apple Juice, Margarine	Chicken Tenders #B5268	Sweet Potato #W0054	Broccoli #61174	100% Apple juice #D4392		WW Roll #BK244	WW Roll	Milk #GW172	Margarine #73426	
Shepherd's Bowl Beef Crumbles, Mashed Potatoes, Brown gravy, Mixed Veggies, Grape Juice, WW Roll, Powdered milk, Margarine	Beef Crumbles #53050	Mashed Potatoes #DV728	4 oz Mixed Veggies #HG682	100% Grape juice #64836		WW Roll #BK244	WW Roll	Milk #GW172	Margarine #73426	Beef Gravy #I1148
Taco Meat, Corn, Black Beans, WW Tortilla,, Powdered milk, Apple Juice, Margarine	Taco Meat #FH970	Corn #CF286	Black Beans #15168	100% Apple juice #D4392		WW Tortilla #BW228	WW Tortilla	Milk #GW172	Margarine #73426	
Cheese Omelet, Turkey sausage, Home fries, WW Croissant, Powdered milk, Orange Juice, Margarine	1 Cheese Omelet #K8030 2 Turkey Sausage Links #DR674	Home fries #E7430	Home fries #E7430	100% Orange juice #D4350		WW Croissant #79418	WW Croissant	Milk #GW172	Margarine #73426	

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter Spring/Summer

Week (or Other Period)

Week 6 – Updated January 2025

Meal & Date Served	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Grain 1 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Grain 2 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Beef Bowl Beef Crumbles, Beef Gravy, Mashed, Potatoes, Green Beans, WW Roll, Powdered milk, Grape Juice, Margarine	3 oz Beef Crumbles #53050	4 oz Mashed Potatoes #DV728	4 oz Green Beans #CF264	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Beef Gravy #11148
Meatloaf w/ Peas Meatloaf, Beef Gravy, Mashed, Potatoes, Green Peas, WW Roll, Powdered milk, Apple Juice, Margarine	3 oz Meatloaf #17312	4 oz Mashed Potatoes #V6036	4 oz Green Peas #CK556	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Beef Gravy #11148
Ranch Chicken w/ Carrots Fajita Chicken, Ranch Dressing, Cauliflower, Carrots, WW Roll, Powdered milk, Grape Juice, Margarine	3 oz Fajita Chicken #26354	4 oz Cauliflower #61108	4 oz Carrots #FC860	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1 TBS Ranch #20543
Meatballs w/ Mash Meatballs, Red Potatoes, Corn, WW Roll, Powdered milk, Apple Juice, Margarine	3 oz Meatballs (7each) #CC876	4 oz Red Potatoes #V6036	4 oz Corn #CF286	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Chicken Breast w/ Broccoli Breaded Chicken Breast, Cauliflower, Broccoli, WW Roll, Powdered milk, Applesauce cup, Margarine	3 oz Breaded Chicken Breast #P7678	4 oz Cauliflower #61108	4 oz Broccoli #61174	4 oz Applesauce Cup #NA242		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	

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Quarter Spring/ Summer

Week (or Other Period)

Week 7 -Updated January 2025

Meal & Date Served	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Grain 1 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to -eat cereal	Grain 2 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to -eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Meatloaf w/ Tuscan Veggies Meatloaf, Mashed Potatoes, Tuscan veggies, Grape Juice, Brown Gravy, WW Roll, Powdered milk, Margarine	3 oz Meatloaf #17312	4 oz Mashed Potatoes #DV728	4 oz Tuscan Veggies #821118	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1TBS Brown Gravy #11148
BBQ Chicken w/ Taters Fajita Chicken, BBQ Sauce, Red Potato, Baked Beans, Grape Juice, WW Roll, Powdered milk, Margarine	3 oz Fajita Chicken #26354	4 oz Red Potatoes #V6036	4 oz Baked Beans # FV508	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	1TBS BBQ Sauce #R9882
Breakfast Burrito Egg Patty, Turkey Sausage Patty, Home Fries, Orange Juice, Peppers, Onions, WW Tortilla, Powdered milk, Margarine	3 oz 2 Egg Patties #65216 2 Turkey Sausage #DR674	4 oz Home Fries #E7430	4 oz Home Fries #E7430	4 oz 100% Orange juice #D4350		1 oz WW Tortilla #BW228	1 oz WW Tortilla	1 c Milk #GW172	4 g Margarine #73426	1 oz Onions & Peppers #NV518
Meatballs w/ Taters Meatballs, Red Potatoes, Broccoli, Apple Juice, WW Roll, Powdered milk, Margarine	3 oz Meatballs (7each) #CC876	4 oz Red Potatoes #V6036	4 oz Broccoli #61174	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Sloppy Joe w/ Carrots Sloppy Joe, Carrots, Green Peas, Apple Juice, WW Roll, Powdered milk, Margarine	3 oz Sloppy Joe #D7894	4 oz Carrots #FC860	4 oz Green Peas #CK556	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	

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Signature

Whitney Bignell

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter Spring/ Summer

Week (or Other Period)

Week 8 – Updated January 2025

Meal & Date Served	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein Meat or Meat Alternate – 3 oz. or equivalent	Veg. 1 ½ cup or equivalent	Veg. 2 ½ cup or equivalent	Fruit 1 ½ cup or equivalent	Veg. 3 or Fruit 2 ½ cup or equivalent	Grain 1 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Grain 2 Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal	Dairy Milk or milk alternate – 1 cup or equivalent	Oils/fats 1 teaspoon or equivalent	Other Ingredients (Optional)
Meatball w/ Mixed Veg Meatballs, Mashed Potatoes, Mixed Vegetables, Grape Juice, WW Roll, Powdered milk, Margarine	3 oz Meatballs (7each) #CC876	4 oz Mashed Potatoes #DV728	4 oz Mixed Veggies #HG682	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll #BK244	1 c Milk #GW172	4 g Margarine #73426	
Beef Fajitas Fajita Beef, Peppers, Onions, Black Beans, Corn, Apple Juice, WW Tortilla, Powdered milk, Margarine	3 oz Beef Fajita #HC324	4 oz Black Beans #15168	4 oz Corn #CF286	4 oz 100% Apple juice #D4392		1 oz WW Tortilla #BW228	1 oz WW Tortilla #BW228	1 c Milk #GW172	4 g Margarine #73426	1 oz Onions & Peppers #61634
Fritters w/ Broccoli Chicken Fritters, Carrots, Broccoli, Grape Juice, WW Roll, Powdered milk, Margarine	3 oz Chicken Fritters (4 each) #V9612	4 oz Carrots #FC860	4 oz Broccoli #55936	4 oz 100% Grape juice #64836		1 oz WW Roll #BK244	1 oz WW Roll	1 c Milk #GW172	4 g Margarine #73426	
Tenders w/ Taters Chicken Tenders, Red Potatoes, Green Peas, Apple Juice, WW Roll, Powdered milk, Margarine	3 oz Chicken Tenders #B5268	4 oz Red Potatoes #V6036	4 oz Green Peas #CK556	4 oz 100% Apple juice #D4392		1 oz WW Roll #BK244	1 oz WW Roll #BK244	1 c Milk #GW172	4 g Margarine #73426	
Island Chicken w/ Veggies Fajita Chicken, Thousand Island, Carrots, Cauliflower, Applesauce cup, WW Roll, Powdered milk, Margarine	3 oz Fajita Chicken #26354	4 oz Carrots #FC860	4 oz Cauliflower #61108	4 oz Applesauce Cup #NA242		1 oz WW Roll #BK244	1 oz WW Roll #BK244	1 c Milk #GW172	4 g Margarine #73426	1TBS Thousand Island dressing #23670

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