MONDAY

CYCLE 1

BREAKFAST

(4oz) Fruit Juice (1/2 cup) Hot/Cold Cereal (4oz) Fruit Yogurt
(1) Croissant (1t) Margarine/Jelly (8oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) BBQ Chicken, (1/2 cup) White Rice
(1/2 cup) White Beans, (1cup) Salad w/Dressing
(1/2cup) Vanilla Pudding

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6oz) Soup of the Day, (1/2 cup) Penne Pasta
(3oz) Meat Sauce, (1) Toasted Bread
(1cup) Salad w/Dressing, (8oz) Milk, (1/2 cup) Fruit

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugar free beverages, fruit juices with no added sugar and fruit in own juice and sugar free desserts No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers. Low fat/Cholesterol: Use skim milk, Lean meats, baked, broiled, light mayonnaise, light margarine, low fat desserts or fruit.

TUESDAY

CYCLE 1

BREAKFAST

(4oz) Fruit Juice, (1/2 cup) Hot/Cold, Cereal
(2) Boiled Eggs, (1/2 c) Breakfast Potatoes w/ Veggie
(8oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) Beef Stew, (1/2 cup) White Rice
(1/2) Green Beans, (1 cup) Salad w/Dressing
(1/2 cup) Flan

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6oz) Soup of the Day, (3oz) Chicken cordon bleu
(1/2 cup) Mashed Potato, (1/2 cup) Vegetables
(1 cup) Salad w/Dressing, (8oz) Milk, (1/2 cup) Fruit

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugar free beverages, fruit juices with no added sugar and fruit in own juice and sugar free desserts No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers. Low fat/Cholesterol: Use skim milk, Lean meats, baked, broiled, light mayonnaise, light margarine, low fat desserts or fruit.

WEDNESDAY

CYCLE 1

BREAKFAST

(4 oz) Fruit Juice (1/2 cup) Hot/Cold Cereal
(4 oz) Cottage Cheese (1/2 cup) Fresh Fruit
(1) Muffin/ Pastry (8 oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) Pork Loin(1/2 cup) White Rice(1/2 cup)
Red Beans(1cup) Salad w/Dressing
(1/2 cup) Ice Cream

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6oz) Soup of the Day(3oz) Chef Salad w/(3oz) ham,
turkey, cheese(2T) Salad Dressing(12)
Crackers(8oz) Milk(1/2 cup) Fruit

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugar free beverages, fruit juices with no added sugar and fruit in own juice and sugar free desserts No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers. Low fat/Cholesterol: Use skim milk, Lean meats, baked, broiled, light mayonnaise, light margarine, low fat desserts or fruit.

THURSDAY

CYCLE 1

BREAKFAST

(4oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(2oz) Omelette/cheese, (1/2 c) Veggie, (1 slice) Toast
(1t) Margarine, (8oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) Chicken Tenders, (1/2 cup) Mash Potato
(1/2 cup) Vegetables, (1cup) Salad w/Dressing
(1/2 cup) Banana Pudding

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6oz) Soup of the Day, (3oz) Media Noche Meat on
(1) Media Noche Bun, (1/2 cup) Baked Fries
(1cup) Salad w/Dressing, (8oz) Milk, (1/2 cup) Fruit

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugar free beverages, fruit juices with no added sugar and fruit in own juice and sugar free desserts No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers. Low fat/Cholesterol: Use skim milk, Lean meats, baked, broiled, light mayonnaise, light margarine, low fat desserts or fruit.

FRIDAY

CYCLE 1

BREAKFAST

(4oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(1) Bagel w/ (1T) Cream Cheese or Peanut Butter
(1t)Jelly, (8oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) Ground Beef, (1/2 cup) White rice
(1/2 cup) Sweet Potato, (1cup) Salad w/Dressing
(1/2 cup) Guava Shells

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6oz) Soup of the Day, 3oz Pineapple Ham
1/2 mash potato, 1/2 Vegetables, (1cup) Salad w/Dressing
(8oz) Milk, (1/2 cup) Fruit

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugar free beverages, fruit juices with no added sugar and fruit in own juice and sugar free desserts No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers. Low fat/Cholesterol: Use skim milk, Lean meats, baked, broiled, light mayonnaise, light margarine, low fat desserts or fruit.

SATURDAY

CYCLE 1

BREAKFAST

(4oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(2) Pancakes / French Toast
(3oz) Sausage Patty / Links (1t) Syrup (8oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(1/2 cup) Yellow Rice with (3oz) Pork
(1/2 cup) Plantains, (1cup) Salad w/Dressing
(1 slice) Cake

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6oz) Soup of the Day, (3oz) Cheese Burger on 1 Bun
(1/2 c) Baked Chips, (1cup) Lettuce/Tomato
(8oz) Milk, (1/2 cup) Fruit

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugar free beverages, fruit juices with no added sugar and fruit in own juice and sugar free desserts No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers. Low fat/Cholesterol: Use skim milk, Lean meats, baked, broiled, light mayonnaise, light margarine, low fat desserts or fruit.

SUNDAY

CYCLE 1

BREAKFAST

(4oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(1) Scrambled Egg/Ham, (1 slice) Toast
(1t) Margarine/Jelly, (8oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(1/2) Fettuccini Alfredo, (3oz) w/ Chicken
(1) Garlic Toast, (1cup) Salad w/Dressing
(1/2 cup) Ice Cream

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6oz) Soup of the Day, (3oz) Stuffed Green Pepper
(1/2cup) Sweet Potato Fries, (1cup) Salad w/Dressing
(8oz) Milk, (1/2 cup) Fruit

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugar free beverages, fruit juices with no added sugar and fruit in own juice and sugar free desserts No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers. Low fat/Cholesterol: Use skim milk, Lean meats, baked, broiled, light mayonnaise, light margarine, low fat desserts or fruit.