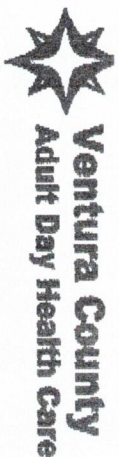


APRIL 2022



Low-Potassium Lunch Menu

Monday Tuesday Wednesday Thursday Friday

				1. Fish fillet (2 oz) White Bread 2 oz Sun Chips 1/2 c Coleslaw 1/2, watermelon 1/2 c
4 Herb Chicken 3oz. 2 oz. flour tortilla green salad 1/2 c. Corn 1/2 c. White rice 1/2 c. Fresh Berries 1/2 c	5 Spaghetti meat sauce (2 oz) Pasta 2 oz (Alfredo Sauce) Garden Salad 1 c Garlic Bread 1 oz Peaches 1/2 c	6 Baked meatloaf 2 oz (no tom), LS Gravy (1oz) Mashed Cauliflower 1/2 c. Caesar salad 1/2 c White Roll 2 oz Fruit Cocktail 1/2 c	7 Hamburger 3 oz. patty Bun 2 oz, lettuce & cucumber Coleslaw 1/2 c. Watermelon 1/2 c	8 Chicken Noodle soup 1c Chicken 2 oz Squash Zucchini & Yellow 1/2 c LS Crackers 2 oz Pineapple 1/2 c
11 LS Hot dog (2oz) White bun 2 oz Pepper and onion 2 oz Salad 1 c tortilla chips 1/2 c Pineapple 1/2 c	12 Chicken Caesar wrap Chicken 2 oz, tortilla 2 oz. Lettuce 2 oz. Carrot slaw 1/2 c Berries 1/2 c	13 Chiliques Green Sauce 2oz tostadas, Egg 2oz Peppers 1/2 c Garden Salad 1 c Grapes 1/2 c	14 Chicken strip 2 oz Shred lettuce & cucumber Flour Tortilla 2 oz Roast Corn 1/2 c 1/2 c fruit cocktail	15 White fish 2 oz, Pasta 2 oz with roast peppers & onions 1/2 c Garlic bread 1oz Caesar salad 1/2 c. Peach cobbler (1/2 c peaches)
18 (Easter Lunch) Baked Ham 2oz. Mash Cauliflower w/ gravy 1/4c. Hawaiian roll 2 oz. Carrots 1/4c Apple pie (2 oz apple).	19 Chicken (2 oz) Salad Sandwich White Bread 2 oz Romaine Salad 1 c Sun Chips 2 oz Grapes 1/2 c	20 Herb Baked Chicken 2 oz Mac & Butter 1/2 c Corn Bread 1 oz Carrots 1/2 c Apple Sauce 1/2 c	21 LF BBQ pork(2 oz) French roll 2 oz Baked Sun chips 1/2 c Cole slaw 1/2 c Diced peaches 1/2 c	22 Tuna 2 oz. Lettuce, Sliced cucumber, white bread 2 oz. Tortilla Chips 2 oz coleslaw 1/2 c. Watermelon 1/2 c
25 Carne Asada Burrito 2 oz White Rice 1/2 c Bell Peppers 1/2 c flour tortilla 2 oz Red Onion & Cilantro garnish Peaches 1/2 c	26 Chicken Adobo 2 oz White Rice 1 c White roll 1 oz Romaine Salad 1 c Peaches 1/2 c	27 Chicken (2oz) Enchilada (Green Sauce (1oz) Flour Tortilla 2 oz Cheese Garnish Roast Corn 1/2 c, Applesauce 1/2 c	28 Salisbury steaks 2 oz. LS Gravy 1 oz White Rice 1/2 c. Steamed green beans 1/2 c. White Roll 1 oz. Peaches 1/2 c.	29 Chicken (2oz) Burrito White rice 1/2 c, Peppers & onion 1/2 c, Tortilla 2 oz. green salad 1/2 c, pineapple and cilantro salsa Tortilla chips 1/2 c. SF Jello with 1/2 c fruit cocktail

Minimum portion sizes: 23:

Fruit/vegetables: 1 cup total. Meats or Meat alt: 2 oz, Grains/Breads 2 servings, 2 oz or 1 cup total. All meals include a beverage (1% milk 1 cup/8fl oz). All rice is brown rice unless otherwise specified. All bread is 100% whole grain wheat bread. Meal Program averages 800 calories per day, <3 grams Sodium, <100 mg Cholesterol and no concentrated sweets.

Approved by Registered Dietician, Laura Fuld

Laura Fuld RD on *3-28-2022*

Monday

Tuesday

Wednesday

Thursday

Friday

<p>4 Herb Chicken 2oz, 2 oz, flour tortilla, green salad ½ c, refried beans ½ c, Spanish rice ½ c, Fresh Berries ½ c</p> <p>80</p>	<p>5 Spaghetti meat sauce (2 oz), Pasta 2 oz, Garden salad 1 c, Garlic bread 1 oz, Peaches ½ c</p> <p>70</p>	<p>6 Baked meatloaf 2 oz, Mashed Potatoes ½c, LS Gravy 1oz, Caesar salad ½ c, Roll 2 oz, Fruit cocktail ½ c</p> <p>65</p>	<p>7 Cheese Burgers 2oz, Cheese 1 oz, lettuce & tomato Whole wheat Bun 2 Oz, Potato Salad ½ c, Watermelon ½ c.</p> <p>65</p>	<p>1 Black bean burger (½ c beans) Cheese 1 oz, Whole wheat bun 2 oz, French Fries ½ c, Coleslaw ½ c watermelon ½ c</p> <p>105-110</p>
<p>11 LS Hot dog (2oz) bun (2oz) Pepper & onion 2 oz, 3 bean salad ½ c, Tortilla chips 2 oz, Pineapple ½ c</p>	<p>12 Chicken Caesar wrap 2 oz, Wheat Tortilla 2 oz, Lettuce 3 oz, cheese 1 oz, Carrots & raisin slaw ½ c, Honey dew ½ c</p>	<p>13 Chitaquiles Green Sauce 2 oz tostodas, Egg 2 oz, Black Beans & Peppers ½ c, Garden Salad 1 c, Grapes ½ c</p>	<p>14 Mushroom Quesodillo, Wheat Tortilla 2 oz, Cheese 2 oz, mushrooms, Pinto Beans ½ c, ½ c fruit cocktail</p>	<p>15 Spinach 2oz lasagna ½ cup (cheese 2oz), Garlic bread 1oz, Caesar salad ½ c, Peach cobbler (½ c peach)</p> <p>45 = 50</p>
<p>18 (Easter Lunch) Baked Ham w Raisin Sauce 2 oz, Mashed Potato ½ c, Mixed Vegetable ½ c, Hawaiian Roll 2 oz, Apple Pie (1/2 c apple)</p> <p>65</p>	<p>19 Chicken (2oz) Salad Sandwich, Whole wheat Bread 2 oz, Romaine Salad 1 c, Sun Chips 2 oz, Grapes ½ c</p> <p>60</p>	<p>20 Herb Baked chicken 2 oz, Mac & Cheese ½ c, Peas and Carrots ½ c, Corn bread 1 oz, Applesauce ½ c</p> <p>60-65</p>	<p>21 LF BBQ pork (2 oz), French roll 2 oz, Baked chips ½ c, Diced peaches ½ c, Cole slaw ½ c</p> <p>60</p>	<p>22 Tuna fish Sandwich 2 oz, Whole wheat bread 2 oz (Tomato and lettuce garnish), Coleslaw ½ c, Chips 2 oz, Watermelon ½ c</p> <p>60</p>
<p>25 Carne Asada Burritos 2 oz, Wheat tortilla 2 oz, Rice ¼ c, Beans ¼ c, Salsa 1 oz, Honeydew ½ c</p> <p>75</p>	<p>26 Chicken Adobo 2 oz, Rice 1 c, Roll 1 oz, Romaine Salad 1 c, Diced Peaches ½ c</p> <p>70</p>	<p>27 Chicken (2oz) Enchilada, Green Sauce 1 oz, Flour Tortilla 2 oz, Cheese Garnish, Roasted Corn ½ c, Applesauce ½ c</p> <p>60</p>	<p>28 Salisbury steak (2oz)(LS Gravy), Brown Rice ½ c, Steamed green beans ½ c, Wheat Roll 1 oz, Peaches ½ c.</p> <p>50</p>	<p>29 Chicken 2 oz, brown rice ¼ c, Bean ¼ c, & cheese burrito, Tortilla 2oz, green salad ½c, Salsa 2 oz, Tortilla chips ½ c, SF Jello with ½ c fruit cocktail</p> <p>90</p>

Minimum portion sizes: 23- Fruit/vegetables: 1 cup total, Meats or Meat alt.: 2 oz, Grains/Breads 2 servings, 2 oz or 1 cup total, All meals include a beverage (1% milk 1cup/8 fl oz) All rice is brown rice unless otherwise specified. All bread is 100% whole grain wheat bread. Meal Program averages 800 calories per day, <300 mg Cholesterol and no concentrated sweets.

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Laura Fuld RD on *3-28-2022*

Monday

Tuesday

Wednesday

Thursday

Friday

4	Herb Chicken 2oz, 2 oz flour tortilla, green salad ½ c, refried beans ½ c, Spanish rice ½ c, Fresh Berries ½ c	5	Spaghetti meat sauce (2 oz), Pasta 2 oz, Garden salad 1 c, Garlic bread 1 oz, Peaches ½ c	6	Baked meatloaf 2 oz, Mashed Potatoes ½c, LS Gravy 1oz, Caesar salad ½ c, Roll 2 oz, Fruit cocktail ½ c	7	Cheese Burgers 2oz, Cheese 1 oz, lettuce & tomato, Whole wheat Bun 2 Oz, Potato Salad ½ c, Watermelon ½ c.	8	Lentil & Barley Soup 1 c (2oz lentils), Mixed Vegetables ½ c, Crackers 2 oz, Cantaloupe ½ c
11	LS Hot dog (2oz) bun (2oz) Pepper & onion 2 oz, 3 bean salad ½ c, Tortilla chips 2 oz, Pineapple ½ c	12	Chicken Caesar wrap 2 oz, Wheat Tortilla 2 oz, Lettuce 3 oz, cheese 1 oz, Carrots & raisin slaw ½ c, Honey dew ½ c	13	Chiquilites Green Sauce 2 oz, tostitos, Egg 2 oz, Black Beans & Peppers ½ c, Garden Salad 1 c, Grapes ½ c	14	Mushroom Quesadilla, Wheat Tortilla 2 oz, Cheese 2 oz, mushrooms, Pinto Beans ½ c, ½ c fruit cocktail	15	Spinach 2oz lasagna ½ cup (cheese 2oz), Garlic bread 1oz, Caesar salad ½ c, Peach cobbler (½ c peach)
18 (Easter Lunch)	Baked Ham w Raisin Sauce 2 oz, Mashed Potato ½ c, Mixed Vegetable ½ c, Hawaiian Roll 2 oz, Apple Pie (1/2 c apple)	19	Chicken (2oz) Salad Sandwich, Whole wheat Bread 2 oz, Romaine Salad 1 c, Sun Chips 2 oz, Grapes ½ c	20	Herb Baked chicken 2 oz, Mac & Cheese ½ c, Peas and Carrots ½ c, Corn bread 1 oz, Applesauce ½ c	21	LF BBQ pork (2 oz), French roll 2 oz, Baked chips ½ c, Diced peaches ½ c, Cole slaw ½ c	22	Tuna fish Sandwich 2 oz, Whole wheat bread 2 oz (Tomato and lettuce garnish), Coleslaw ½ c, Chips 2 oz, Watermelon ½ c
25	Carne Asada Burritos 2 oz, Wheat tortilla 2 oz, Rice ¼ c, Beans ½ c, Salsa 1 oz, Honeydew ½ c	26	Chicken Adobo 2 oz, Rice 1 c, Roll 1 oz, Romaine Salad 1 c, Diced Peaches ½ c	27	Chicken (2oz) Enchilada, Green Sauce 1 oz, Flour Tortilla 2 oz, Cheese Garnish, Roasted Corn ½ c, Applesauce ½ c	28	Saltisbury steak (2oz)LS Gravy), Brown Rice ½ c, Steamed green beans ½ c, Wheat Roll 1 oz, Peaches ½ c.	29	Chicken 2 oz, brown rice ½ c, Bean ½ c, & cheese burrito, Tortilla 2oz, green salad ½c, Salsa 2 oz, Tortilla chips ½ c, SF Jello with ½ c fruit cocktail

Minimum portion sizes: 23: Fruit/Vegetables: 1 cup total, Meats or Meat alt.: 2 oz, Grains/Breads 2 servings, 2 oz or 1 cup total, All meals include a beverage (1% milk 1cup/8fl oz) All rice is brown rice unless otherwise specified. All bread is 100% whole grain wheat bread. Meal Program averages 800 calories per day, <3 grams Sodium, <300 mg Cholesterol and no concentrated sweets.

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