INSTITUTION HCSO DIET WEEK 1 APPROVED BY _____DATE _____

RD# ND #	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	DAILY FOOD GUIDE: (Check each day's menu for the following food groups)
Morning Fruit or juice Protein-rich food and/or cereal Toast or hot bread Beverage	4 oz- 100% Orange Juice ¾ cup Cereal 8 oz 1% Milk	4 oz- 100% Apple Juice ¾ cup Cereal 8 oz 1% Milk	4 oz- 100% Orange Juice ¾ cup Cereal 8 oz 1% milk	4 oz- 100% Apple Juice ¾ cup Cereal 8 oz 1% Milk	4 oz- 100% Orange Juice ¾ cup Cereal 8 oz 1% Milk	4oz- 100% Apple Juice ¾ cup Cereal 8 oz 1% Milk	4oz- 100% Orange Juice ¾ cup Cereal 8 oz 1% Milk	**PROTEIN-RICH FOOD: 2 OR MORE SERVINGS** One should be lean beef, lamb, pork, ham, veal, liver, chicken, turkey or fish. Other protein foods: cheddar cheese, cottage cheese, eggs, dried peas, dried beans, peanut butter.
Mid-Morning Snack								
Noon Protein-rich food Potato or substitute Vegetables (1 or 2) Salad Bread Fruit or dessert Beverage	3 oz Turkey Bologna 6 oz Oven Fries 4 oz Collard Greens 2 sl Bread 4oz Cal Fort 100% Fruit Juice Blend 1 Margarine Pat	3 oz Turkey Salami 6 oz Great North Beans 4 oz Carrots 2sl Bread 4oz Cal Fort 100% Fruit Juice Blend 1 Margarine Pat	3 oz Turkey Ham 6 oz Mac & Cheese 4 oz Green Beans 2 sl Bread 4oz Cal Fort 100% Fruit Juice Blend 1 Margarine Pat	3 oz Turkey Bologna 6 oz Rice & Beans 4 oz Turnip Greens 2sl Bread 4oz Cal Fort 100% Fruit Juice Blend 1 Margarine Pat	2 oz Peanut Butter 2 pk Jelly 6 oz Oven Fries 4 oz Cole Slaw 2sl Bread 4oz Cal Fort 100% Fruit Juice Blend 1 Ketchup Pk	3 oz Turkey Salami 6 oz Grits 4 oz Carrots 2sl Bread 4oz Cal Fort 100% Fruit Juice Blend 1 Margarine Pat	3 oz Turkey Ham 6 oz Black Beans 4 oz Broccoli 2sl Bread 4oz Cal Fort 100% Fruit Juice Blend 1 Margarine Pat	**VEGATABLES: 3 OR MORE SERVINGS** Served cooked or raw, in soups or as juice. Use often: spinach, turnip greens, collards, broccoli, sweet potato, kale, carrots, winter squash and cabbage. **FRUITS OR FRUIT JUICES: 2 OR MORE SERVINGS** One should be orange; grapefruit, strawberries, tangerine, or Vitamin C enriched fruit or vegetable juice
Mid-Afternoon Snack								
Night Soup or juice Protein-rich food Vegetable or salad Bread Fruit or dessert Beverage	4 oz Ham 4 oz Sweet Potatoes 4 oz Mix Veg 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	3 oz Chicken 2 oz Gravy 4 oz Rice 4 oz Broccoli 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	4 oz Beef Patty 4 oz Mash Potatoes 2 oz Gravy 4 oz Carrots 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	4 oz Hot Dogs 6 oz Veg Beans 4 oz Mustard Greens 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	4 oz Fish 4 oz Rice 4 oz Green Beans 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	6 oz Turkey ala King 4 oz Rice 4 oz Beets 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	4 oz Meatballs 6 oz Pasta 2 oz Tomato Sauce 4 oz Mixed Veg 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	**MILK: ADULTS 2 CUPS CHILDREN 2-4 CUPS** Following may be substituted for ½ cup milk 2 ½ Tbsp – Dried Milk 1 oz Cheese (1 thick slice) 1 cup cream soup 1 cup milk dessert or ice cream **BREAD & CEREAL AT LEAST 6 SERVINGS** Whole Grain or Enriched
Evening Snack								