

**Hialeah Housing Authority**  
**Boxed Lunches Menu**

Cycle: Cycle 2 – July 1 – December 31, 2010

Sample Pattern*	Box 1	Box 2	Box 3	Box 4	Box 5
<b>Bread/Grain</b> 2 servings Include whole grain	1 ea. Cuban Bread	1 ea. Hotdog Bun 1 pk. Sun Chips	1 ea. Whole Wheat Sandwich Bun	2 sl Whole Wheat Bread 1 pk. Sun Chips	2 sl Whole Wheat Bread
<b>Vegetable</b> 2 servings Include dark green leafy, orange veggies; cooked dry beans	1 c. Lettuce & Tomato	½ c. Carrots	½ c. Three Bean Salad	½ c. Tomato Slices	1 c. Lettuce & Tomato
<b>Fruit</b> 1 serving Include deeply colored fruits	1 ea. Fresh Apple	1 ea. Fresh Orange	½ c. Tropical Fruit Cup	½ c. Pears in lite syrup	1 ea. Fresh Banana
<b>Milk/milk Alternate</b> Low fat 1 serving	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
<b>Meat/meat alternate</b> 3oz or equivalent	3oz. Pork, Ham, & Swiss Cheese for Cuban Sandwich	3oz. Hot Dog	2oz Ham 1oz Provolone Cheese	2oz. Turkey 1oz. Swiss Cheese	3oz. Ham, Turkey, Bacon & Cheese Club Sandwich
<b>Fats**</b> 1 serving Limit	1 pkt. Mustard 1 pkt. FF Dressing	Ketchup, Mustard, Relish Packets 1 T. Low Cal Ranch	1 pkt. Mustard	1 pkt Mayonnaise	1 pkt Mayonnaise 1 pkt. FF Dressing
<b>Dessert</b>	1 pkg. Graham Crackers		1 ea. Cookie		1 ea. Cookie

Dietitian signature:

*Oliver Reyes RD, LD*

Date: May 7, 2010

\* Follow Dietary Guidelines For America for further guidance

\*\* Fats = 1 teaspoon -- preferably vegetable source

For further information see Home and Community Based Programs and Services Manual DOEA 2005

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Revised 10/10/05 for OAA requirements (Gayle Dietz, MS, RD, LD/N, Nutrition Consultant, Alliance for Aging