							User Friendly Version 2														
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	Covello (Original) A	Action/Gap	Covello (Revised)	Covello (Original)	Action/Gap	Covello (Revised)	Covello (Original)	Action/Gap	Covello (Revised)	Covello (Original)	Action/Gap	Covello (Revised)	Covello (Original)	Action/Gap	Covello (Revised)	Covello (Original)	Action/Gap	Covello (Revised)	Covello (Original)	Action/Gap	Covello (Revised)
	eef Picadillo (p) (p)	$\rightarrow$	Beef Picadillo (p)	Baked Basa Fish (p)	Δ	Baked,breaded (ww) basa fish (	pBeef lasagna (p)	Δ	Beef lasagna (p) w/ ww noodle	es Curried chicken (p) Leg	$\rightarrow$	Curried chicken (p) Leg	Baked Flounder, Sofrito (p)	$\rightarrow$	Baked Flounder, Sofrito (p)	Herb grilled chicken (p)	$\rightarrow$	Herb grilled chicken (p)	Salmon salad (p)	$\rightarrow$	Salmon salad (p)
	ice and Beans (g)	$\rightarrow$	Rice and Beans (g)							vegetable biryani w/chickpeas (	$\rightarrow$	vegetable biryani w/ chickpeas	Dominican Moro (g)	+	Dominican Moro (g) w/ br. Rice		+	Egg noodles (g), + asparagus a			
(v) V	VW bread (g) (g) (g)	Δ		WW bread (g) (g)	Δ	Whole grain (g) roll		+	Italian bread (g)	WW bread (g) (g)	Δ	Whole grain (g) roll	WW bread (g) (g)	Δ	Whole grain (g) roll	WW bread (g) (g)	Δ	Whole grain (g) roll	WW bread (g) (g)	Δ	Whole grain (g) roll
		+	broccoli (v) slaw w/apple (f)s an	Mashed red potatoes (v)	$\rightarrow$	Mashed red potatoes (v)	steamed broccoli (v)	$\rightarrow$	steamed broccoli (v)	California Blend Vegetable (v)s	$\rightarrow$	California Blend Vegetable (v)	Italian blend (v)	$\rightarrow$	Italian blend (v)	Baby carrots with parsley (v)	$\rightarrow$	Baby carrots with parsley (v)	herb potato salad w/mustard vi	$\rightarrow$	Herb Potato salad w/ mustard vinaigre
N	lixed Vegetables (v	$\rightarrow$	Mixed Vegetables (v)	Steamed peas/carrots (v)	$\rightarrow$	Steamed peas/carrots (v)		+	double portion of steamed bro	ccoli (v)									Romaine, kale, pepper, black oli	+	Romaine, kale, pepper, balck olive, feta
(F) o	range (f)-P/A juice (f)	Δ	see above - apple (f)		+	fruit (f)ed gelatin	orange (f)-P/A jce (f)	Δ	tropical fruit (f) cup	orange (f) juice (f)	Δ	frozen berries w/ whipped creat	apple (f) jce	Δ	strawberry apple (f)suace	orange (f)/ p'apple (f) jce	Δ	canned apricots (f)	apple (f) juice	Δ	apple (f) sauce
or s	liced peaches (f)	$\rightarrow$	sliced peaches (f)	kiwi (f)	$\rightarrow$	kiwi (f)	apple (f)	$\rightarrow$	apple (f)	canned pineapple (f)	$\rightarrow$	canned pineapple (f)	banana (f)	$\rightarrow$	banana (f)	orange (f)	$\rightarrow$	orange (f)	canned apricots (f)	Δ	rice pudding w/ raisins (f)
1	% milk (d)	$\rightarrow$		1% milk (d)	$\rightarrow$		1% milk (d)	$\rightarrow$	1% milk (d)	1% milk (d)	$\rightarrow$	1% milk (d)	1% milk (d)	$\rightarrow$	1% milk (d)	1% milk (d)	$\rightarrow$	1% milk (d)	1% milk (d)	$\rightarrow$	1% milk (d)
b	utter (O/F)	Δ	olive oil spread (O/F)	butter (O/F)	Δ	olive oil spread (O/F)	butter (O/F)	Δ	olive oil spread (O/F)	butter (O/F) (O/F)	Δ	olive oil spread (O/F)	butter (O/F)	Δ	olive oil spread (O/F)	butter (O/F)	Δ	olive oil spread (O/F)	butter (O/F)	Δ	olive oil spread (O/F)
		+	flav water (fl)		+	flav water (fl)		+	flav water (fl)		+	flav water (fl)		+	flav water (fl)		+	flav water (fl)		+	flav water (fl)
		+	Mrs. Dash (fl)		+	Mrs. Dash (fl)		+	Mrs. Dash (fl)		+	Mrs. Dash (fl)		+	Mrs. Dash (fl)		+	Mrs. Dash (fl)		+	Mrs. Dash (fl)
_																					
3	/6 protein (p)	<i>→</i>	3/6 protein (p)	3/6 protein (p)	→	3/6 protein (p)	4/6 protein (n)	٨	3/6 protein (p)	3/6 protein (p)	<i>→</i>	3/6 protein (p)	3/6 protein (p)	÷	3/6 protein (p)	2/6 protein (p)	→	2/6 protein (n)	3/6 protein (p)	<i>→</i>	3/6 protein (p)
2	/6 grain (g)s	→	2/6 grain (g)s	1/6 grain (g)s	+	2/6 grain (g)s	1/6 grain (g)s	+	2/6 grain (g)s	2/6 grain (g)s	, 	3/6 grain (g)s	2/6 grain (g)s	→	2/6 grain (g)s	2/6 grain (g)s	→	2/6 grain (g)s	1/6 grain (g)s	+	2/6 grain (g)s
	/4 veggie (v)	→	2/4 veggie (v)	2/4 veggie (v)	→	2/4 veggie (v)	1/4 veggie (v)	+	2/4 veggie (v)	2/4 veggie (v)	÷	2/4 veggie (v)s	1/4 veggie (v)	+	2/4 veggie (v)s	1/4 veggie (v)	+	2/4 veggie (v)s	2/4 veggie (v)	>	2/4 veggie (v)s
	/4 fruit (f)	>		1/4 fruit (f)	+		2/4 fruit (f)	>	2/4 fruit (f)	2/4 fruit (f)	÷		2/4 fruit (f)	→	2/4 fruit (f)	2/4 fruit (f)	→	2/4 fruit (f)	2/4 fruit (f)	Δ	2/4 fruit (f)
	/3 dairy (d)	, >	1/3 dairy (d)	1/3 dairy (d)	→	1/3 dairy (d)	1/3 dairy (d)	+	2/3 dairy (d)	1/3 dairy (d)	>		1/3 dairy (d)	, →	1/3 dairy (d)	1/3 dairy (d)	, →	1/3 dairy (d)	1/3 dairy (d)	- 	1/3 dairy (d)
	/3 fat (O/F)	Δ		1/3 fat (O/F)	Δ		1/3 fat (O/F)	Δ	1 fat (O/F)	1/3 fat (O/F)	>		1/3 fat (O/F)	, →	1/3 fat (O/F)	1/3 fat (O/F)	, →	1/3 fat (O/F)	1/3 fat (O/F)	, >	1/3 fat (O/F)
F		+	1 seeds, 1 bean								, 	1 dried peas		+	+1 Dried pea/bean		+			+	
		+	flav water (fl)		+	flav water (fl)		+	flav water (fi)		+	flav water (fl)		+	flav water (fl)		+	flav water (fl)		+	flav water (fl)
		+	Mrs. Dash (fl)			Mrs. Dash (fl)		+	Mrs. Dash (fi)		*	Mrs. Dash (fl)		+	Mrs. Dash (fl)			Mrs. Dash (fl)		+	Mrs. Dash (fl)