



	MON	TUE	WED	THU	FRI
WEEK 4	1 Spaghetti w/Meat Sauce **Broccoli *Mesclun Salad Mix Fresh Peach or Pear 100% Orange Juice WG Spaghetti w/LS Tomato sauce NF or LF Milk	2 Mediterranean Chicken **Roasted Vegetables LS Lentil Salad w/Cucumbers *Cantaloupe or Tangerine Brown Rice Pita Bread Hummus NF or LF Milk	3 LS Roast Turkey Breast **Butternut Squash Green Peas w/Mushrooms *Kiwi or Orange WG Stuffing Lemon Pudding NF or LF Milk	 4 Tuna Nicoise Salad Herbed Potato Salad *Creamy Coleslaw Fresh Apple WG Roll NF or LF Milk	5 Beef Fajita LS Pinto Beans Tossed Green Salad *Pineapple & Mango Fruit Cup Spanish Brown Rice Flour Tortilla NF or LF Milk
WEEK 5	8 Chicken Dijon Rosemary Mashed Potatoes *Chopped Salad w/Kale Lettuce,Cucumber Fresh Fruit WG Roll NF or LF Milk	9 Stuffed Bell Pepper Mixed Vegetables Romaine Salad w/Tomatoes Apple *100% Orange Juice Dinner Roll Gelatin w/Yougurt NF or LF Milk	10 Vegetable Frittata Lima Beans & Corn *** Spinach,Shredded Cabbage &Brussels Sprouts Salad Pear or Nectarine WG Roll NF or LF Milk	11 Korean BBQ Saute Zucchini w/Sesame Seeds ***Broccoli Salad w/Sliced Radish Pineapple Herbed Brown Rice NF or LF Milk	12 Fish and Chips **Roasted Sweet Potato Wedges *Coleslaw Banana or Grapes WG Roll Tartar Sauce NF or LF Milk
WEEK 6	15 Turkey Stir Fry **Vegetable in Entree *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Ginger Pear Brown Rice NF or LF Milk Tapioca Pudding	 16 Meatloaf and LS Gravy Garlic Mashed Potatoes Green Beans *Cantaloupe or Orange WG Roll NF or LF Milk	 17 Caribbean Chicken **Broccoli ***Carrot, Bell Pepper Celery Salad Fresh Fruit Brown Rice NF or LF Milk	 18 Fish Taco LS Pinto Beans ***Chopped Mixed Salad w/Romaine Kale Fresh Peach or Plum Warm Corn Tortilla NF or LF Milk	19 Beef Bolognese Herbed Zucchini & Yellow Squashed Caesar Salad w/ Croutons Fresh Fruit *100% Orange Juice WG Penne Pasta w/LS Sauce NF or LF Milk
WEEK 1	22 Southwest Shredded Chicken LS Pinto Beans ***Spinach Salad w/Kale, Bell Pepper, Cucumber Fresh Peaches or Melon Warm Corn Tortilla NF or LF Milk	 23 Shepherd's Pie Carrots Mixed Salad Greens *Orange or Kiwi WG Roll NF or LF Milk	24 Baked Fish Almandine Green Beans w/Herbs *Coleslaw w/Bell Pepper Fruit in Dessert Barley w/Herbs Yogurt Parfait NF or LF Milk	25 Chicken Adobo Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice NF or LF	26 Garden Vegetable Lasagna Broccoli** Caesar Salad w/Caesar Dressing *Cantaloupe or Orange WG Lasagna Pasta NF or LF Milk
WEEK 2	29 Baked Pollock w/Lemon Sauce Mixed Veg Blend ***Broccoli Salad Cinnamon Apple Sauce WG Roll NF or LF Milk	30 Cashew Chicken Green Peas *LS Beet&Mandarin Orange Salad Fresh Fruit Lo Mein Noodles WG Roll NF or LF Milk		 	*Vitamin C Rich **Vitamin A Rich Milk is served daily Meal is subject to change without notice