

					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	2 <i>BBQ Chicken Breast, BBQ Sauce, Barley, Warm Cornbread, Seasoned Kale, Cucumber Salad, Orange, Low fat milk</i>	3 <i>Sliced Roast Beef, Mushroom Red Onion Gravy, Brown Confetti Rice, Seasoned Red Beans, Carrot/Apple/Bell pepper & Celery Salad, Pear, Oatmeal Cookie, Low fat milk</i>	4 <i>Sweet & Sour Pork w/Pineapple, Red Peppers & Onion, WG Egg Noodles, Seasoned Green Beans w/Garlic, Coleslaw, Asian Drsg. Pineapple Tidbits, Low fat milk</i>	5 <i>Fish Tacos, Pico de Gallo, Seasoned Broccoli, Mexican Brown Rice, Corn Tortillas, Green Salad, Pear, Low fat milk, Orange juice</i>	
8 <i>Tuna Casserole, Three Bean Salad, Green Salad Mesclun Mix Mixed, WG Roll, Diced Peaches, Low fat milk, Orange juice</i>	9 <i>Pepper Steak, LS Sauce, Herbed Carrots, White & Brown Rice, Tri-Color Slaw, Banana, Almond Cookies, Low fat milk</i>	10 <i>Chicken w/ Alfredo Sauce, Barley, Broccoli, Seasoned Yellow Squash, Mandarin Orange, Low fat milk</i>	11 <i>Homemade Meatloaf, Vegetable Gravy, Mashed Potatoes, WG Bread, Marinated Beet salad, Pear, Low fat milk, Orange juice</i>	12 <i>Turkey Picatta, Brown Rice, Seasoned Carrot Coins, Green Beans, Orange, Low fat milk</i>	
15 <i>Meat Ball-Beef, LS Gravy, Mexican Corn, Seasoned Broccoli, WG Bread, Pineapple Slices, Low fat milk, Orange juice</i>	16 <i>Baked Chicken, LS Gravy, Mashed Potatoes, Green Beans, Barley, Cornbread, Orange, Low fat milk</i>	17 <i>Chili Macaroni, Zucchini, Carrot Coins w/Parsley, Carrot-Raisin Salad, WG Roll, Banana, Low fat milk, Orange juice</i>	18 <i>Baked Chicken Breast w/ Rosemary, Confetti Brown Rice, Banana-Squash, Coleslaw, Apple, Low fat milk</i>	19 <i>Roast Pork, LS Gravy, Seasoned White Beans, Buttered Corn, Mixed Green Salad, WG Bread, Tropical Fruit Cocktail, Low fat milk</i>	
22 <i>Sliced Turkey, Mushroom Cream Sauce, WG Pasta, Seasoned Carrots, Kale & Bell Pepper Salad, Pear, Low fat milk</i>	23 <i>Spaghetti w/ Meat Sauce, Tomato Sauce, Green Peas & Cauliflower, Beets, WG Bread, Sliced Peaches, Low fat milk, Orange juice</i>	24 <i>El Pollo Style Chicken, Pinto Beans, Brown rice, Romaine & Shredded Red Cabbage Salad, Orange, Low fat milk</i>	25 <i>BBQ Beef, BBQ Sauce, Barley, Cornbread, Seasoned Spinach, Mesclun Salad Mix, Tropical Fruit Cocktail, Low fat milk</i>	26 <i>Baked Fish, Creole Sauce, Brown Rice, Broccoli, Coleslaw, Apple, Pumpkin Bread Pudding, Low fat milk</i>	
29 <i>Tarragon Beef, Onions & Mushrooms, LS Sauce, WG Penne Pasta w/Parsley, Seasoned Spinach, Marinated Cucumber Salad, Orange, Low fat milk</i>	30 <i>Baked Lemon Chicken w/Herbs, Steamed Brown Rice, Green Beans w/Red Peppers, Mesclun Mix Salad, Apple, Low fat milk, Orange juice</i>				

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