

				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pork Chop, Mustard Sauce, Seasoned Lima Beans, Yellow Squash, Coleslaw, Whole Grain Bread, Sliced Pears, Sugar Cookies, Low fat milk	2 Citrus Chicken, LS Sauce, Fettuccini Noodles, Seasoned Corn, Creamy Broccoli – Raisin Salad, Sliced Peaches, Low fat milk	3 Beef Stew, LS Sauce, Carrots & Potatoes, Romaine, Mushroom, Bell Peper Salad, Whole Grain Roll, Banana, Low fat milk, Orange juice
6 Turkey Enchilada Casserole, Pico de Gallo, Pinto Beans, Mexican Brown Rice, Corn Tortillas, Leaf Lettuce Salad, Pineapple Tidbits + Mandarin Orange, Low fat milk	7 Beef Meatballs, Tomato Gravy, Whole Grain Pasta, Seasoned Spinach, Pickled Beets, Banana, Low fat milk, Orange juice	8 Baked Fish, Tartar Sauce, Mashed Potatoes & Gravy, Whole Grain Bread, Romaine & Mesclun Mix Salad, Balsamic Drsg., Orange, Low fat milk	9 Smothered Steak w/Onions & peppers, Cauliflower & Carrots, Dilled Peas, Brown & White Rice, Tropical Fruit, Low fat milk	10 Baked Chicken, Gravy, Garlic Mashed Potatoes, Broccoli- Raisin Salad, WG Bread Dressing, Apricots, Butterscotch Pudding, Low fat milk, Orange juice
13 Sloppy Joe's, Whole Grain Bun, Potato Salad, Green Lettuce & Radish Salad, French Drsg., Sliced Peaches, Low fat milk, Orange juice	14 BBQ Chicken Breast, BBQ Sauce, Warm Cornbread, Seasoned Kale, Sliced Cucumber w/House-made Vinaigrette, Orange, Low fat milk	15 Sliced Roast Beef, Gravy, Seasoned Red Beans, Fran's Brown Confetti Rice, Carrot & Apple, Bell Pepper, Celery Salad, Fresh Pear, Low fat milk, Orange juice	16 Sweet & Sour Pork, Seasoned Green Beans w/Garlic WG Egg Noodles, Coleslaw w/ Asian Drsg., Pineapple Tidbits, Low fat milk	17 Fish Tacos, Pico de Gallo, Mexican Brown Rice, Corn Tortillas, Seasoned Broccoli, Shredded Lettuce, Tomato, Cilantro, Pear Slices in juice, Low fat milk
20 Tuna Noodles Casserole, Three Bean Salad, WG Dinner Roll, Seasoned Peas, Mixed Green Salad, Diced Peaches, Low fat milk, Orange juice	21 Pepper Steak, Herbed Carrots, Tri-Color Slaw, White & Brown Rice, Banana, Almond Cookies, Low fat milk	22 Chicken with Alfredo Sauce, Broccoli, Seasoned Yellow Squash, Seasoned Barley, Mandarin Orange, Low fat milk	23 Homemade Beef Meatloaf, Gravy, Mashed Potatoes, Beets, Whole Grain Bread, Fresh Pear, Low fat milk, Orange juice	24 Turkey Picatta, LS Sauce, Brown Rice, Seasoned Carrot Coins, Green Salad, Orange, Low fat milk
	28 Baked Chicken, Gravy, Seasoned Barley, Mashed Potatoes, Green Beans, Orange, Low fat milk	29 Chili Macaroni, Zucchini, Carrot Coin w/Parsley, Whole Grain Roll, Banana, Low fat milk, Orange juice	30 Baked Chicken Breast w/Rosemary, Confetti Brown Rice, Banana-Squash, Coleslaw w/Garlic, Apple, Low fat milk	31 Pork Chop, LS Sauce, Seasoned White Beans, Buttered Corn, Mixed Green Salad, WG Bread, Tropical Fruit Cocktail, Low fat milk

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