

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Barley Soup Wheat Bread Side Garden Salad Papaya and Mango Low Fat Milk Margarine	2 Herb Roasted Chicken Wheat Roll/Crackers Mashed Potatoes Green Beans/Diced Pears Low Fat Milk Margarine	3 Beef Chili Wheat Bread/Crackers Cherry Tomatoes Orange/FF Italian Dressing Low Fat Milk Margarine	4 Chicken Tenders Wheat Roll Green Beans Quinoa Peaches Low Fat Milk/Margarine	5 Quinoa Corn Cake Tofu Sauce Wheat Bread Mixed Veggies Trop Fruit Blend Low Fat Milk/Margarine
8 Cheesy Broccoli Rice Soup Wheat Roll Side Salad Applesauce Low Fat Milk Margarine	9 Mediterranean Chicken Rice Bread Garden Vegetable Blend Papaya/Mango Low Fat Milk Margarine	10 BBQ Chicken Breast Brown Rice Wheat Bread Broccoli & Cauliflower Tomato/Cuc Salad Pineapple Low Fat Milk/Margarine	11 Meatloaf Mashed Potato Wheat Bread Mixed Vegetables Mixed Fruit Low Fat Milk Margarine	12 Meaty Ragu Wheat Bread Green Beans Strawberry Applesauce Low Fat Milk Margarine
15 Meatballs Brown Rice Wheat Bread Cauliflower Papaya/Mango Low Fat Milk Margarine	16 Roasted Turkey Mashed Potatoes Wheat Bread Broc/Cauli/Carrot Blend Trop Fruit Salad Low Fat Milk Margarine	17 Tilapia Citrus Lentil Rice Wheat Bread Broccoli Mandarin Oranges Low Fat Milk Margarine	18 Chicken Parmesan Wheat Bread Green Beans Apple Low Fat Milk Margarine	19 Black Bean Burger Wheat Bun Brown Lentils Mixed Veggies Pineapple Cilantro/Crema Sauce Low Fat Milk/Margarine
22 Cheesy Squash Pasta Bake Wheat Roll Broccoli Butternut Squash Apple Low Fat Milk/Margarine	23 Chicken Lentil Soup Wheat Roll/Crackers Vegetables in Soup Side Salad/FF Dressing Pineapple Low Fat Milk Margarine	24 Dijon Salmon Seasoned Black Beans Wheat Bread Malibu Vegetable Blend Peaches/FF Italian Low Fat Milk Margarine	25 Tuna Noodle Casserole Wheat Bread Malibu Blend Veggies Papaya and Mango FF Italian Dressing Low Fat Milk Margarine	26 Beef Goulash Wheat Bread California Blend Orange Low Fat Milk Margarine
29 Turkey Barley Soup Wheat Bread Side Garden Salad Papaya and Mango Low Fat Milk Margarine	30 Herb Roasted Chicken Wheat Roll/Crackers Mashed Potatoes Green Beans/Diced Pears Low Fat Milk Margarine			