

Monday	Tuesday	Wednesday	Thursday	Friday
07/03, 07/31, 08/28, 09/25	07/04, 08/01, 08/29, 09/26	07/05, 08/02, 08/30, 09/27	07/06, 08/03, 08/31, 09/28	07/07, 08/04, 09/01, 09/29
Chicken Fillet/ Wild Rice Diced Carrots Green Beans Bread (1) Veggie Juice Fresh Apple 2% Milk K=750, F=18, C=7, S=920	BBQ Pork Ribette Potato Wedges Mixed Greens Bread (2) Black Bean Salad Fresh Strawberries 2% Milk K=740, F=16, C=5, S=1200	Roast Turkey/ Stuffing Sweet Potatoes Asparagus Cuts Bread (1) Cucumber Slices/ Drsg. Pkt. Fresh Pear 2% Milk K=710, F=15, C=6, S=1000	Stuffed Pepper/ Tomato Sauce Brown Rice Diced Beets Yellow Corn Bread (1) Baby Carrots Fresh Nectarine 2% Milk K=710, F=13, C=9, S=800	Tuna/ Noodle/ Cheddar Casserole Green Peas Broccoli Cuts Bread (1) Celery Sticks/ Cream Cheese Fresh Melon 2% Milk K=650, F=9, C=6, S=560
07/10, 08/07, 09/04	07/11, 08/08, 09/05	07/12, 08/09, 09/06	07/13, 08/10, 09/07	07/14, 08/11, 09/08
Roast Pork/ Gravy Sweet Potatoes Red Cabbage Bread (2) Sliced Tomatoes/ Drsg. Pkt. Fresh Nectarine 2% Milk K=820, F=28, C=6, S=1000	Pepper Steak/ White Rice (Beef steak w/Peppers/ Onions) Seasoned Pinto Beans Broccoli Cuts Bread (1) Cucumber Slices/ Drsg. Pkt. Fresh Honeydew 2% Milk K=720, F=17, C=6, S=980	Baked Chicken Leg ¼ Gravy/ Mashed Potatoes Green Beans Bread (2) Fresh Peach 100% Fruit Juice 2% Milk K=740, F=22, C=6, S=420	Corned Beef & Cabbage Roasted Potatoes Sliced Carrots Bread (1) Fresh Strawberries Pound Cake 2% Milk K=640, F=22, C=6, S=995	Macaroni/ Chse./ Broccoli/ Bake (3 oz. Cheese) Stewed Tomatoes Steamed Lentils Bread (1) Fresh Cantaloupe 100% Fruit Juice 2% Milk K=840, F=28, C=6, S=980
07/17, 08/14, 09/11	07/18, 08/15, 09/12	07/19, 08/16, 09/13	07/20, 08/17, 09/14	07/21, 08/18, 09/15
Spinach Ravioli/ Marinara Great Northern Beans Brussels Sprouts Bread (1) Garden Salad/ Drsg. Pkt. Fresh Apple 2% Milk K=960, F=32, C=12, S=820	BBQ Chicken Breast Fillet Broccoli Cuts Diced Carrots Corn Muffin (2 oz.) Cucumber Slices/ Drsg. Pkt. Fresh Peach 2% Milk K=640, F=9, C=6, S=550	Cheeseburger O'Brien Potatoes Baked Beans Wheat Hamburger Bun Ketchup & Mustard Celery Sticks Fresh Cantaloupe 2% Milk K=840, F=20, C=6, S=920	Meatballs/ Spaghetti/Marinara Asparagus Cuts Sweet Potatoes Bread (1) Fresh Strawberries Pound Cake 2% Milk K=770, F=17, C=10, S=620	Cheese Omelet w/ Broccoli (3 oz. Cheese) Tater Tots Seasoned Spinach Bread (2) Tomato Wedges Fresh Orange 2% Milk K=560, F=15, C=6, S=810
07/24, 08/21, 09/18	07/25, 08/22, 09/19	07/26, 08/23, 09/20	07/27, 08/24, 09/21	07/28, 08/25, 09/22
Roast Chicken ¼ w/ BBQ Sauce Black-Eyed Peas Broccoli Cuts Dinner Roll (2) Lowfat Carrot Salad Fresh Nectarine 2% Milk K=680, F=24, C=6, S=440	Roast Beef/ Gravy Sweet Potatoes Diced Beets Bread (2) 3-Bean Salad Fresh Melon 2% Milk K=650, F=18, C=6, S=1200	Baked Codfish Fillet In Lemon Sauce Whipped Potatoes Peas w/ Pearl Onions Bread (2) Garbanzo Bean Salad Fresh Orange 2% Milk K=670, F=14, C=7, S=890	Chicken Chop Suey (Carrots/ Onions/ Celery/ Broc.) White Rice Brussels Sprouts Bread (1) Cucumber Slices/ Drsg. Fresh Pear 2% Milk K=720, F=14, C=7, S=920	Stuffed Shells / Marinara Mixed Greens Seasoned Lentils Garden Salad/ Drsg. Pkt. Fresh Strawberries Pound Cake 2% Milk K=990, F=32, C=12, S=820
	K = calories	F = fat (grams)	C = carb (choices)	S = sodium (mg)
*Bread served each day is on rotation between Wheat and Whole Grain bread to meet whole grain requirements				