

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 3 oz Barbecue Chicken Breast ½ c WG Macaroni Salad 1 oz WG WG Roll ½ c Corn ½ c Marinated Green Bean Salad ½ c Peaches 1 c Milk
3 Chili Stuffed Baked Potato 1 c Chili con Carne <i>4 oz meat & Meat Alternate, ½ c Vegetables</i> 2 oz WG Corn Muffin w Margarine ½ c Baked Potato Cup ½ c Cinnamon Baked Apple compote 1 c Milk	4 1 Oven Roasted Haddock w Crema Sauce Lemon <i>2 oz MMA</i> ½ c Chow-Chow Cole Slaw ½ c WG Rice Pilaf 1oz WG Roll ½ c Green Beans ½ c Strawberries 1 c Milk	5 1 c Lentil Soup <i>2 ½ oz meat alternate and ¼ c vegetable</i> 14 (2 oz) WG Triscuit type Cracker ½ c Carrots 1 c Field Green Salad Ranch ½ c Fruit Cocktail 1 c Milk	6 3 oz Barbecue Beef <i>(3/8 c) #10 scoop</i> 1 (2oz) Potato Roll ½ c Brussels Sprouts ½ c Vegetarian Baked Beans ¾ c Peach Cobbler 1 c Milk	7 2 Cheese Manicotti (5.5oz) w Tomato Basil Sauce <i>3 oz cheese 4 oz WG grain per food label</i> 1 c Ratatouille ½ c Pears 1 c Milk	8 3 oz Chicken Supreme ½ c WG Noodles 2.5 oz 1 oz WG Roll w Margarine ½ c Zucchini ½ c Butter Beans ½ c Pineapple 1 c Milk
10 2 (2 oz) Oven Baked Chicken Leg 1 WG Wheat Roll (2 oz) ½ c Lima Beans ½ c Glazed Carrots ½ c Apple Slices (4-6) 1 c Milk	11 1 Stuffed Pepper <i>3 oz m/ma, ½ c Green Pepper</i> ½ c WG Rice 4 oz 1 oz WG Biscuit w Margarine ½ c Green Beans ½ c Melon Salad 1 c Milk	12 Rosemary Chicken Breast <i>3 oz MMA</i> ½ c WG WG Rice 1 oz WW Bread ½ c Steamed Greens ½ c Summer Squash ¾ c Cherry Cobbler 1 c Milk	13 South American 1 c Beef Picadillo (3 oz m/ma, ½ c Vegetables) 1 c WG Rice (8 oz Grain) ½ c Broccoli 1 Orange in Wedges ¾ c Milk	14 1 c Minestrone Soup (5 oz meat alternate, ½ c vegetable) 2 oz Cornbread ½ c Tasty Tots ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 1 c Milk	15 3 oz Chicken Breast with ¼ c Stuffing <i>1 oz</i> 1 oz WG Roll w Margarine ½ c Spring Peas ½ c Cauliflower ½ c Peaches 1 c Milk
17 1 ¼ c Veg Lasagna & Parmesan Cheese <i>¾ c cheese, ½ c WG noodles</i> 1 oz WG French Bread ½ c Zucchini ½ c Mixed Greens Salad w Italian 1 Orange in Wedges 1 c Milk	18 2 Baked Cod Ole <i>3 oz m/ma</i> ½ c WG Turmeric Cous Cous <i>2.8 oz</i> 1 oz WG Roll 2/3 c Salsa ½ c Black Beans ½ c Honeydew 1 c Milk	19 3 oz Stir Fried Teriyaki Chicken 1 c WG Jasmine Rice 4 oz ½ c Japanese Vegetables ½ c Steamed Cabbage 1 Banana 1 c Milk	20 4 oz "Country" Fried Steak & Country Gravy 2 oz WG Biscuit w margarine ½ c Collard Greens ½ c Vegetarian Baked Beans ½ c Cantaloupe 1 c Milk	21 1 ½ c Vegetarian Chili <i>4 oz Meat Alternate ½ c vegetable</i> 2 oz WG Cornbread ½ c Red Bliss Potatoes ½ c Pears 1 c Milk	22 Stuffed Pepper <i>3 oz m/ma, ½ c Green Pepper</i> ½ c WG Rice 1 oz WG Roll w Margarine ½ c Sautéed Summer Squash ½ c Mandarin Orange 1 c Milk
24 1 Bean Burrito Bowl + ½ oz Monterrey Jack <i>2 oz MMA 1 oz WG WG Rice</i> 1 oz WG Corn Muffin, ½ c Pico De Gallo, 1 c Green Leaf Salad Ranch 1 Orange in Wedges 1 c milk	25 1 Stuffed Cabbage <i>4 oz m/ma, ½ c Cabbage</i> ½ c WG Rice 1 oz WG Roll w Margarine ½ c Squash ½ c Pineapple 1 c Milk	26 2 Oven Fried Chicken Legs <i>3 oz</i> 2 oz WG Biscuits w Margarine ½ c Collards ½ c 3 Way Mixed Vegetables ¾ c Cherry Cobbler 1 c Milk	27 1 ¼ c Macaroni & Cheese <i>1 ½ oz Cheese, 1 c WG noodles 7.1 oz</i> ½ c Vegetarian Baked Beans ½ c Cucumber Salad ½ c Stewed Tomatoes ½ c Peaches 1 c Mil	28 2 Fish Slider <i>(3oz/MMA)</i> 2 WG Slider Bun (2 oz) ½ c Steamed Mixed Greens, ½ c Mango Cole Slaw ½ c Apple Slices 1 c Milk	29 3 oz Barbecue Chicken Breast ½ c WG Macaroni Salad 1 oz WG WG Roll ½ c Corn ½ c Marinated Green Bean Salad ½ c Peaches 1 c Milk

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<p style="text-align: right;">3</p> <p>6 Swedish Meatballs 3 oz beef ½ c WG Rice 1 oz WW Dinner Roll margarine ½ c Beets ½ c Hash Brown Potatoes ½ c Pear 1 c Milk</p>	<p style="text-align: right;">4</p> <p>5"x3" Lasagna Roll up D-27 <small>3 oz cheese 2 oz grain (4x2.5=25 5x3=16)</small> 1 c Spring Mix Salad Italian dressing 1 oz WG Roll margarine ½ c Fruit Cocktail ½ c Peach 1 c Milk</p>	<p style="text-align: right;">5</p> <p>4 oz Salisbury Steak 2 oz WG Roll w Margarine ½ c Mashed Potatoes ½ c Creamed Spinach ½ c Mandarin Oranges 1 c Milk</p>	<p style="text-align: right;">6</p> <p>1 c Macaroni & Cheese <small>1 oz Cheese, ½ c noodles</small> ½ c Lentils of the Southwest ½ c Spring Peas 1 c Stewed Tomatoes ½ c Mango 1 c Milk</p>	<p style="text-align: right;">7</p> <p>3 oz Veal Parmesan ½ c WG Rice 1 oz WG Roll /Margarine ½ c Brussels Sprouts ½ c Italian Cannellini Salad ½ c Applesauce 1 c Milk</p>
<p style="text-align: right;">10</p> <p>Beef Stew 3 oz Beef 2 oz WG Biscuit w Margarine 1 c Stew Vegetables <small>1 c potato carrots peas</small> ¾ c Cherry Crumble 1 c Milk</p>	<p style="text-align: right;">11</p> <p>1 ½ c Harvest Stew 3 oz MMA, ¼ c vegetable ½ c WG Noodles 1 WG Roll Margarine 1 oz ½ c Spring Peas 1 Apple 1 c Milk</p>	<p style="text-align: right;">12</p> <p>3 oz Beef Tips in Gravy 1 Slice WW Bread ½ c WG Egg Noodles 1 c Pineapple ½ c Creamed Spinach ½ c Green Beans 1 c Milk</p>	<p style="text-align: right;">13</p> <p>2 Oven Fried Chicken Leg 4 oz ½ c Couscous 1 oz WG WG Roll margarine ½ c Cauliflower ½ c Summer Squash Medley ½ c Peaches 1 c Milk</p>	<p style="text-align: right;">14</p> <p>4 oz Fish Filet lemon & tartar sauce 2 oz WG Cornbread margarine ½ c Brussels Sprouts ½ c Zucchini ½ c Fruit Cocktail 1 c Milk</p>
<p style="text-align: right;">17</p> <p>3 oz Apricot Chicken ½ c WG Noodles 1 oz WG Roll w Margarine ½ c Green Beans ½ c Spring Peas ½ c Tropical Fruit Salad 1 c Milk</p>	<p style="text-align: right;">18</p> <p>1 ¼ Eggplant Parmesan 3 oz cheese ½ c Eggplant 2 oz WG Roll margarine ½ c Steam Mixed Greens ½ c Creamed Corn 1 Banana 1 c Milk</p>	<p style="text-align: right;">19</p> <p>½ c (3 oz) Barbecue Beef 2 oz WG Bun ½ c Creole Style Black Eyed Peas ½ c Cole Slaw ½ c Waldorf Salad 1 c Milk</p>	<p style="text-align: right;">20</p> <p>3 oz Chicken & 1 oz Dumplings 1 oz WG Biscuit w Margarine ½ c Carrots ½ c Lima Beans ½ c Pineapple 1 c Milk</p>	<p style="text-align: right;">21</p> <p>1 ½ c Tuna Noodle Casserole <small>3 oz Tuna, ½ c WG noodles</small> 1 oz WG Roll margarine ½ c Hubbard Squash ½ c Kale ½ c Fresh Melon Salad 1 c Milk</p>
<p style="text-align: right;">24</p> <p>2 oz Chicken, ½ c Vegetables 1 ½ c Hearty Chicken Vegetable Soup 2 oz WG Biscuit margarine ½ c Pineapple 1 Clementine 1 c Milk</p>	<p style="text-align: right;">25</p> <p>3 oz Oven Fried Chicken Breast 2 oz Corn Muffins ½ c Collard Greens ½ c Mediterranean Chickpea Salad ½ c Cantalope 1 c Milk</p>	<p style="text-align: right;">26</p> <p>4 oz Sirloin Beef Tips ½ c WG Noodles 1 oz WG Roll margarine ½ c Winter Squash ½ c Butter Beans 1 Banana 1 c Milk</p>	<p style="text-align: right;">27</p> <p>1 ½ c Chicken & Dumplings <small>3 oz Chicken ½ c Veg</small> 1 oz Dumplings 1 oz WG Roll Margarine ½ c Zucchini ½ c Honeydew 1 c Milk</p>	<p style="text-align: right;">28</p> <p>3 oz Catfish (3/8 c) #10 scoop 1 oz WG Biscuit w Margarine ½ c Cheesy Grits 1 oz grain 1 c Vinaigrette Cole Slaw ½ c Steamed Greens ½ c Fresh Melon Salad 1 c Milk</p>