

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HOT</b>							<p>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</p> <p><b>Veg: 3 oz Chickless Patty</b></p>
							<p>2 Asian Beef Spring Roll  <small>3 oz Beef, 2 oz WW Flour tortilla</small>            ½ c Seasoned Green Bean Salad            ½ c Grapes            ½ c Pears            1 c Milk</p> <p><b>Veg: 1 Black Bean Powerhouse</b></p>
<b>COLD</b>							<p>3 oz Chicken Breast with ¼ c Stuffing 1 oz            1 oz WG Roll w Margarine            ½ c Spring Peas            ½ c Cauliflower            ½ c Apricot            1 c Milk</p> <p><b>Veg: 3 oz Chix strips</b></p>
							<p>3 oz Sliced Chicken            1 WG Roll 2 oz            ½ c Lettuce ¼ c Tomato            1 Pc Mustard &amp; Mayo            ½ c Potato Salad            ½ c Pears            1 c Milk</p> <p><b>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</b></p>
<b>HOT</b>	<p>3 oz Meatloaf &amp; Gravy            2 oz WG Roll            ½ c Collard Greens            ½ c Whipped Potatoes            ½ c Cantaloupe            1 c Milk</p> <p><b>Veg: Vegetarian Black Bean Burger* w Ketchup</b></p>	<p>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</p> <p><b>Veg: 3 Chickenless Nuggets* w Ketchup</b></p>	<p>1 Stuffed Pepper  <small>3 oz m/ma, ½ c Green Pepper</small>            ½ c WG Rice 4 oz            1 oz WG Biscuit w Margarine            ½ c Green Beans            ½ c Melon Salad            1 c Milk</p> <p><b>Veg: ¾ c Soy Protein in Pepper</b></p>	<p>Rosemary Chicken Breast 3 oz  <small>MMA</small>            ½ c WG Rice            1 oz WW Bread            ½ c Steamed Greens            ½ c Summer Squash            ¾ c Cherry Cobbler            1 c Milk</p> <p><b>Veg: 3 oz Chickless Patty</b></p>	<p><b>South American</b>            1 c Beef Picadillo (3 oz m/ma, ½ c Tomato, Onion, Green Pepper)            1 c WG Rice (8 oz Grain)            ½ c Broccoli            1 Orange in Wedges            1 c Milk</p> <p><b>Veg: 1 c Bean Picadillo 3 oz meat alternate</b></p>	<p>1 c Minestrone Soup (5 oz meat alternate, ½ c Carrots, Potatoe, Celery &amp; Tomato)            2 oz Cornbread            ½ c Tasty Tots            ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)            1 c Milk</p> <p><b>Veg: Same</b></p>	<p>3 oz Chicken Breast with ¼ c Stuffing 1 oz            1 oz WG Roll w Margarine            ½ c Spring Peas            ½ c Cauliflower            ½ c Apricot            1 c Milk</p> <p><b>Veg: 3 oz Chix strips</b></p>
	<b>COLD</b>	<p>3 oz Sliced Chicken            1 WG Roll 2 oz            ½ c Lettuce ¼ c Tomato            1 Pc Mustard &amp; Mayo            ½ c Potato Salad            ½ c Pears            1 c Milk</p> <p><b>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</b></p>	<p>1 c Fruited Yogurt            1 oz String Cheese            2 oz WG Blueberry Muffin            ½ c Honeydew            ½ c Peaches            ½ c Zucchini Tomato Salad            1 c Milk</p> <p><b>Veg: Same</b></p>	<p>3 oz Tuna Salad            2 oz WW Roll            1 c Field Greens w Italian            ½ c Fruit Salad            ½ c Tropical Bean Salad            1 c Milk</p> <p><b>Veg: Same</b></p>	<p>2 oz Roast Beef            1 oz Cheese            2 Sl WW Bread            1 Pc Mustard &amp; Mayo            ½ c Cole Slaw            ½ c Italian Tomato Salad            ½ c Fresh Fruit Salad            1 c Milk</p> <p><b>Veg: 1 Black Bean Powerhouse</b></p>	<p>2 oz Turkey            1 oz Cheese            2 WW Bread 2 oz            ½ c Lettuce ¼ c Tomato            1 Pc Mustard &amp; Mayo            ½ c Black Bean Salad            ½ c German Potato Salad            1 c Milk</p> <p><b>Veg: 3 oz Egg Salad</b></p>	<p>3 oz Egg Salad            2 oz WG Roll            ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette            ½ c Cucumber Salad            1 Banana            1 c Milk</p> <p><b>Veg: ½ c Cucumber, ½ c Hummus &amp; 1 oz Provalone</b></p>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HOT</b>	<p>9</p> <p>1 ¼ c Beef Stew <i>3 oz beef, ½ c Carrots, potatoes</i> 2 oz WG Roll w Margarine ½ c Butter Beans ¾ c Hot Cherry Crisp 1 c Milk</p> <p><i>Veg: 3 oz Soy Protein Stew</i></p>	<p>10</p> <p>1 ¼ c Veg Lasagna &amp; Parmesan Cheese <i>¼ c cheese, ½ c WG noodles</i> 1 oz WG French Bread ½ c Zucchini 1 c Mixed Greens Salad w Italian 1 Orange in Wedges 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>11</p> <p>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</p> <p><i>Veg: Same</i></p>	<p>12</p> <p>3 oz Stir Fried Teriyaki Chicken ½ c WG Jasmine Rice <i>4 oz</i> ½ c Japanese Vegetables ½ c Steamed Cabbage 1 Banana 1 c Milk</p> <p><i>Veg:: 3 oz Teriyaki Chicks Strips</i></p>	<p>13</p> <p>4 oz "Country" Fried Steak &amp; Country Gravy 2 oz WG Biscuit w margarine ½ c Collard Greens ½ c Vegetarian Baked Beans ½ c Cantaloupe 1 c Milk</p> <p><i>Veg: 3 oz Veggie Patty</i></p>	<p>14</p> <p>1 ½ c Vegetarian Chili <i>4 oz Meat Alternate</i> <i>½c Tomatoes,Pepper,Onions&amp; Corn</i> 2 oz WG Cornbread ½ c Red Bliss Potatoes ½ c Pears 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>15</p> <p>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</p> <p><i>Veg: ¼ c Soy Protein in Pepper</i></p>
<b>COLD</b>	<p>3 oz Pastrami 2 oz WW Bread ½ c Lettuce ¼ c Tomato 1 Pc Mustard &amp; Mayo ½ c Peaches ½ c Potato Salad 1 c Milk</p> <p><i>Vegetarian:3 oz assorted cheese slices</i></p>	<p>2 oz Turkey 1 oz Cheese 2 WW Bread <i>2 oz</i> ½ c Cole Slaw 1 Pc Mustard &amp; Mayo ½ c Mediterranean Chickpea Salad ½ c Pineapple 1 c Milk</p> <p><i>Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</i></p>	<p>Chicken Caesar Salad 3oz Chicken Strips 2 oz WG Apple Muffin 1 c Caesar Field Greens Salad ½ c Green &amp; Red Pepper Strips ½ c Fresh Fruit Salad 1 c Milk</p> <p><i>Vegetarian:3 oz Chicx Strips</i></p>	<p>2 oz Roast Beef 1 oz Provolone Cheese 2 oz WG Roll ½ c Lettuce ¼ c Tomato 1 Pc Mustard &amp; Mayo ½ c Pickled Beets ½ c Waldorf Salad 1 c Milk</p> <p><i>Vegetarian: ½ c Hummus 1 oz Provolone</i></p>	<p>½ c Cottage Cheese 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Honeydew ¾ c Fruited Jello Salad ½ c Apricots 1 c Milk</p> <p><i>Vegetarian: Same</i></p>	<p>Chef Salad 3 oz Protein <i>1 oz Swiss Cheese, 2 Eggs wedged</i> 2 oz WG Bread 1 c Mixed Greens Lettuce w Herb Vinaigrette ½ c Cherry Tomato &amp; Cuke ½ c Fresh Melon Salad 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>3 oz Smoked Turkey 2 SI WG Bread <i>2 oz</i> 1 c Spinach Salad w Raspberry Vineagarte 1 Pc Mustard &amp; Mayo ½ c Cucumber Salad ½ c Apricots 1 c Milk</p> <p><i>Vegetarian: 3 oz Assorted Cheese Slices</i></p>
<b>HOT</b>	<p>16</p> <p>1 ¼ c Beef &amp; Macaroni Casserole <i>4 oz beef, ½ c WG noodles3.5 oz</i> 1 oz WG Roll w Margarine ½ c Broccoli ½ c Carrots 1 Apple in slices 1 c Milk</p> <p><i>Veg: 3 oz Soy Protein &amp; Macaroni</i></p>	<p>17</p> <p>1 Bean Burrito Bowl + ½ oz Monterrey Jack <i>2 oz MMA1 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</p> <p><i>Veg: Same</i></p>	<p>18</p> <p>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</p> <p><i>Veg: 1 Vegetarian Cabbage Roll</i></p>	<p>19</p> <p>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</p> <p><i>Veg: 3 oz Chicks Tenders</i></p>	<p>20</p> <p>1 ¼ c Macaroni &amp; 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 Milk</p> <p><i>Veg: Same</i></p>	<p>21</p> <p>2 Fish Slider <i>(3ozMMA)</i> 2 WG Slider Bun <i>(2 oz)</i> ½ c Steamed Mixed Greens, ½ c Mango Cole Slaw ½ c Apple Slices 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>22</p> <p>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 Apricots 1 c Milk</p> <p><i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</i></p>
<b>COLD</b>	<p>3 oz Marinated Chicken 2 SI WG Bread <i>2 oz</i> ½ c Lettuce ¼ c Tomato ½ c Oil &amp; Vinegar Cole Slaw ½ c Cantaloupe 1 c Milk</p> <p><i>Veg: 3 oz Tuna</i></p>	<p>8 oz Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Cucumber Salad 1 c Fresh Fruit Salad 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>3 oz Asian Chicken Salad 2 oz WG Corn Muffin 1 c Field Greens w Ranch ½ c Red Bean Salad ½ c Honeydew 1 c Milk</p> <p><i>Veg: 3 oz Chicks Strips</i></p>	<p>½ c Tuna Salad <i>2 oz m/ma</i> 2 SI WW Bread <i>2 oz</i> ½ c Cowboy Caviar 1 c Field Greens Salad w Italian ½ c Melon Salad 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>3 oz Roast Beef 2 oz WW Roll 1 Pc Mustard &amp; Mayo ½ c Broccoli Salad ½ c Cole Slaw ½ c Mandarin Oranges 1 c Milk</p> <p><i>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato &amp; Balsamic Vinaigrette</i></p>	<p>½ c Cottage Cheese 1 oz String Cheese 2 oz WG Apple Muffin ½ c Honeydew ¾ c Fruited Jello Salad ½ c Strawberries 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>Ranch Hand Lunch 2 Eggs 1 oz Cheese 2 oz WG Bran Muffin ½ c Pepper Salad no feta ½ c Carrot Raisin Salad 1 Banana 1 c Milk</p> <p><i>Veg: Same</i></p>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HOT</b>	<p>23</p> <p>3 oz Chicken in Orange Sauce 1 c WG Rice ½ c Steamed Greens ½ c Sweet Potato ½ c Pineapple 1 c Milk</p> <p><i>Veg: 3 oz Chix Strips in Orange Sauce</i></p>	<p>24</p> <p>Chili Stuffed Baked Potato 1 c Chili con Carne 4 oz meat &amp; Meat Alternate, ½ c Tomatoes, Pepper, Onions &amp; Corn 2 oz WG Corn Muffin w Margarine ½ c Baked Potato Cup ½ c Cinnamon Baked Apple compote 1 c Milk</p> <p><i>Veg: Vegetarian Chili</i></p>	<p>25</p> <p>1 Oven Roasted Haddock w Crema Sauce Lemon 2 oz M/M ½ c Chow-Chow Cole Slaw ½ c WG Rice Pilaf 1oz WG Roll ½ c Green Beans ½ c Strawberries 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>26</p> <p>1 c Lentil Soup 2 ½ oz meat alternate and ¼ c Tomato, onion, carrots &amp; peppers 14 (2 oz) WG Triscuit type Cracker ½ c Carrots 1 c Field Green Salad Ranch ½ c Fruit Cocktail 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>27</p> <p>3 oz Barbecue Beef (3/8 c) #10 scoop 1 (2oz) Potato Roll ½ c Brussels Sprouts ½ c Vegetarian Baked Beans ¾ c Peach Cobbler 1 c Milk</p> <p><i>Veg: 3 oz BBQ Vegetarian Patty</i></p>	<p>28</p> <p>2 Cheese Manicotti (5.5oz) w Tomato Basil Sauce 3 oz cheese 4 oz WG grain per food label 1 c Ratatouille ½ c Pears 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>29</p> <p>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</p> <p><i>Veg: 3 oz Chickless Patty</i></p>
<b>COLD</b>	<p>3 oz Cold Cuts &amp; Cheese 2 oz WG Flatbread ½ c Lettuce ¼ c Tomato 1 Pc Mustard &amp; Mayo ½ c Potato Salad ½ c Melon Salad 1 c Milk</p> <p><i>Veg: 3 oz Assorted Cheese Slice</i></p>	<p>3 oz Grilled Chicken 2 oz WW Bun ½ c Red &amp; Green Pepper strips w Italian ½ c Cucumber Salad 1 Pc Mayo &amp; Mustard 1 Banana 1 c Milk</p> <p><i>Veg: 3 oz Egg Salad</i></p>	<p>2 Black Bean Lettuce Wraps 2.25 oz M/M (Black Beans ½ c + 1 c Vegetable (bell pepper, onion, corn, carrots lettuce)) ½ c WG Rice 1 WG Soft Breadstick (1.2oz) ½ c Cantaloupe 1 c Milk</p> <p><i>Veg: Same</i></p>	<p>Roast Beef Salad 3 oz Beef 2 oz WG Roll 1 c Chopped Kale ½ c Salad Vegetables ½ c Applesauce 1 c Milk</p> <p><i>Veg: 1 Powerhouse Wrap</i></p>	<p>3 oz Smoked Turkey 2 oz WG Bun ½ c Lettuce, ¼ c Tomato 1 Pc Mustard &amp; Mayo ½ c Potato Salad ½ c Pineapple Carrot Salad 1 c Milk</p> <p><i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</i></p>	<p>3 oz Tuna Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad ½ c Tropical Fruit Salad 1 c Milk</p> <p><i>Veg: ½ c Hummus 1 oz Provolone</i></p>	<p>2 Asian Beef Spring Roll 3 oz Beef, 2 oz WW Flour tortilla ½ c Seasoned Green Bean Salad ½ c Grapes ½ c Pears 1 c Milk</p> <p><i>Veg: 1 Black Bean Powerhouse</i></p>
<b>HOT</b>	<p>30</p> <p>3 oz Meatloaf &amp; Gravy 2 oz WG Roll ½ c Collard Greens ½ c Whipped Potatoes ½ c Cantaloupe 1 c Milk</p> <p><i>Veg: Vegetarian Black Bean Burger* w Ketchup</i></p>						
<b>COLD</b>	<p>3 oz Sliced Chicken 1 WG Roll 2 oz ½ c Lettuce ¼ c Tomato 1 Pc Mustard &amp; Mayo ½ c Potato Salad ½ c Pears 1 c Milk</p> <p><i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</i></p>						