



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOT				<p>1 1 c Lentil Soup 2 ½ oz meat alternate and ¼ c vegetable 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>Veg: Same</p>	<p>2 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>Veg: 3 oz BBQ Vegetarian Patty</p>	<p>3 2 Cheese Manicotti (5.5oz) w Tomato Basil Sauce <small>3 oz cheese 4 oz WG grain per food label</small> 1 c Ratatouille ½ c Pears 1 c Milk</p> <p>Veg: Same</p>	<p>4 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>Veg: 3 oz Chickless Patty</p>
	COLD				<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>Veg: 1 Powerhouse Wrap</p>	<p>3 oz Smoked Turkey 2 oz WG Bun ½ c Lettuce, ¼ c Tomato 1 Pc Mustard & Mayo ½ c Potato Salad ½ c Pineapple Carrot Salad 1 c Milk</p> <p>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</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>Veg: ½ c Hummus 1 oz Provolone</p>
HOT		<p>5 3 oz Meatloaf & Gravy 2 oz WG Roll ½ c Collard Greens ½ c Whipped Potatoes ½ c Cantaloupe 1 c Milk</p> <p>Veg: Vegetarian Black Bean Burger* w Ketchup</p>	<p>6 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>Veg: 3 Chickenless Nuggets* w Ketchup</p>	<p>7 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>Veg: ¼ c Soy Protein in Pepper</p>	<p>8 Rosemary Chicken Breast 3 oz MMA 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>Veg: 3 oz Chickless Patty</p>	<p>South American 9 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 1 c Milk</p> <p>Veg: 1 c Bean Picadillo 3 oz meat alternate</p>	<p>10 1 c Minestrone Soup (5 oz meat alternate, ¼ c vegetable) 2 oz Cornbread ½ c Tasty Tots ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 1 c Milk</p> <p>Veg: Same</p>
	COLD	<p>3 oz Sliced Chicken 1 WG Roll 2 oz ½ c Lettuce ¼ c Tomato 1 Pc Mustard & Mayo ½ c Potato Salad ½ c Pears 1 c Milk</p> <p>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</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>Veg: Same</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>Veg: Same</p>	<p>2 oz Roast Beef 1 oz Cheese 2 SI WW Bread 1 Pc Mustard & Mayo ½ c Cole Slaw ½ c Italian Tomato Salad ½ c Fresh Fruit Salad 1 c Milk</p> <p>Veg: 1 Black Bean Powerhouse</p>	<p>2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato 1 Pc Mustard & Mayo ½ c Black Bean Salad ½ c German Potato Salad 1 c Milk</p> <p>Veg: 3 oz Egg Salad</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>Veg: ½ c Cucumber, ½ c Hummus & 1 oz Provalone</p>



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOT	<p>12</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>13</p> <p>1 ¼ c Veg Lasagna & 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>14</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>15</p> <p>3 oz Stir Fried Teriyaki Chicken 1 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>16</p> <p>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</p> <p><i>Veg: 3 oz Veggie Patty</i></p>	<p>17</p> <p>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</p> <p><i>Veg: Same</i></p>	<p>18</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>
	COLD	<p>3 oz Pastrami 2 oz WW Bread ½ c Lettuce ¼ c Tomato 1 Pc Mustard & 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 & Mayo ½ c Mediterranean Chickpea Salad ½ c Pineapple 1 c Milk</p> <p><i>Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & 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 & 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 & 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 & Cuke ½ c Fresh Melon Salad 1 c Milk</p> <p><i>Veg: Same</i></p>
HOT	<p>19</p> <p>1 ¼ c Beef & Macaroni Casserole <i>4 oz beef, ½ c WG noodles 3.5 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 & Macaroni</i></p>	<p>20</p> <p>1 Bean Burrito Bowl + ½ oz Monterrey Jack <i>2 oz MMA 1 oz 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>21</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>22</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>23</p> <p>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 Milk</p> <p><i>Veg: Same</i></p>	<p>24</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>25</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. & Tom. & Balsamic Vinaigrette</i></p>
	COLD	<p>3 oz Marinated Chicken 2 SI WG Bread <i>2 oz</i> ½ c Lettuce ¼ c Tomato ½ c Oil & 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 & 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 & 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>



	SUNDAY 26	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	SATURDAY
HOT	3 oz Chicken in Orange Sauce 1 c WG Rice ½ c Steamed Greens ½ c Sweet Potato ½ c Pineapple 1 c Milk <i>Veg: 3 oz Chix Strips in Orange Sauce</i>	MEMORIAL DAY Chili Stuffed Baked Potato 1 c Chili con Carne 4 oz meat & Meat Alternate, ½ vegetable 2 oz WG Corn Muffin w Margarine ½ c Baked Potato Cup ½ c Cinnamon Baked Apple compote 1 c Milk <i>Veg: Vegetarian Chili</i>	Oven Roasted Haddock w Crema Sauce Lemon ^{2 oz MMA} ½ c Chow-Chow Cole Slaw ½ c WG WG Rice Pilaf 1oz WG Roll ½ c Green Beans ½ c Strawberries 1 c Milk <i>Veg: Same</i>	1 c Lentil Soup 2 ½ oz meat alternate and ¼ c vegetable 14 (2 oz) WG Triscuit type Cracker ½ c Carrots 1 c Field Green Salad Ranch ½ c Fruit Cocktail 1 c Milk <i>Veg: Same</i>	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 <i>Veg: 3 oz BBQ Vegetarian Patty</i>	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 <i>Veg: Same</i>	
COLD	3 oz Cold Cuts & Cheese 2 oz WG Flatbread ½ c Lettuce ¼ c Tomato 1 Pc Mustard & Mayo ½ c Potato Salad ½ c Melon Salad 1 c Milk <i>Veg: 3 oz Assorted Cheese Slice</i>	3 oz Grilled Chicken 2 oz WW Bun ½ c Red & Green Pepper strips w Italian ½ c Cucumber Salad 1 Pc Mayo & Mustard 1 Banana 1 c Milk <i>Veg: 3 oz Egg Salad</i>	2 Black Bean Lettuce Wraps ^{2.25 oz MMA (Black Beans ½ c+1 c Vegetable (bell pepper, onion, corn, carrots lettuce)} ½ c WG Rice 1 WG WG Soft Breadstick (1.2oz) ½ c Cantaloupe 1 c Milk <i>Veg: Same</i>	Roast Beef Salad 3 oz Beef 2 oz WG Roll 1 c Chopped Kale ½ c Salad Vegetables ½ c Applesauce 1 c Milk <i>Veg: 1 Powerhouse Wrap</i>	3 oz Smoked Turkey 2 oz WG Bun ½ c Lettuce, ¼ c Tomato 1 Pc Mustard & Mayo ½ c Potato Salad ½ c Pineapple Carrot Salad 1 c Milk <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</i>	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 <i>Veg: ½ c Hummus 1 oz Provolone</i>	