

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>L: Beef Ground, Noodles - Other(WG), Peas, Tropical Fruit, Lowfat Milk - 1% Cheeseburger Pasta</p> <p>D: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peppers, Green, Tropical Fruit, Lowfat Milk - 1% Turkey Dirty Rice</p>
<p>4</p>	<p>5</p> <p>L: Beef Ground, Flour Tortillas (1oz eq/28g)(WG), Peppers, Green, Pears, Lowfat Milk - 1% Taco Pie</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Corn, Pears, Lowfat Milk - 1% Arroz Con Pollo</p>	<p>6</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peas, Pears, Lowfat Milk - 1% Arroz Con Pollo</p> <p>D: Turkey Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Tomato Sauce / Paste, Applesauce, Lowfat Milk - 1% Turkey Chili</p>	<p>7</p> <p>L: Turkey Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Tomato Sauce / Paste, Applesauce, Lowfat Milk - 1% Turkey Chili</p> <p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c) (WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Pasta and Meat Sauce</p>	<p>8</p> <p>L: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c) (WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Pasta and Meat Sauce</p> <p>D: Beef Ground, Tortillas-Flour (1oz eq/28g)(WG), Peppers, Green, Pear, canned #10, Lowfat Milk - 1% Taco Pie</p>
<p>11</p> <p>L: Egg (large), Rolls-WGR(WG), Lettuce And Tomato, Tropical Fruit, Lowfat Milk - 1% Roasted Veggie Salad</p> <p>D: Mozzarella Cheese, Noodles - Other(WG), Zucchini Squash, Tropical Fruit, Lowfat Milk - 1% Veggie Lasagna</p>	<p>12</p> <p>L: Chicken Breasts, Tortillas- Flour (1oz eq/28g) (WG), Other Beans, Applesauce, Lowfat Milk - 1% Chicken Fajitas</p> <p>D: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Salsa, Applesauce, Lowfat Milk - 1% Beef Nachos</p>	<p>13</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1% Chicken and Gravy</p> <p>D: Beef Ground, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Mandarin Oranges, #10 can, Lowfat Milk - 1% Meatloaf</p>	<p>14</p> <p>L: Beef Ground, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Mandarin Oranges, #10 can, Lowfat Milk - 1% Meatloaf</p> <p>D: Turkey Ground, Egg Noodles (1ozeq/28gm)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Turkey Stroganoff</p>	<p>15</p> <p>L: Turkey Ground, Egg Noodles (1ozeq/28gm)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Turkey Stroganoff</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1% Chicken and Gravy</p>

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<p>18</p> <p>L: Cheddar Cheese, Bread Sticks(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Broccoli Cheddar Soup</p> <p>D: Kidney Beans, Noodles - Other(WG), Peppers, Green, Applesauce, Lowfat Milk - 1%</p> <p>Veggie Goulash</p>	<p>19</p> <p>L: Beef Ground, Flour Tortillas (1oz eq/28g)(WG), Lettuce And Tomato, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Beef Tacos</p> <p>D: Chicken Breasts, Flour Tortillas (1oz eq/28g)(WG), Black Beans, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Mexican Lasagna</p>	<p>20</p> <p>L: Beef Ground, Buns - Whole Grain (1oz/28g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Sloppy Joe</p> <p>D: Chicken Legs, Rolls-WGR(WG), Sweet Potatoes/Yams (not as fries), Applesauce, Lowfat Milk - 1%</p> <p>BBQ Chicken Drums</p>	<p>21</p> <p>L: Chicken Legs, Rolls-WGR(WG), Sweet Potatoes/Yams (not as fries), Mixed Fruit, Lowfat Milk - 1%</p> <p>BBQ Chicken Drums</p> <p>D: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Mixed Fruit, Lowfat Milk - 1%</p> <p>Turkey Stir Fry</p>	<p>22</p> <p>L: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p>Turkey Stir Fry</p> <p>D: Beef Ground, Buns - Whole Grain (1oz/28g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Sloppy Joe</p>
<p>25</p> <p>L: Cheddar Cheese, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Mac and Cheese</p> <p>D: Chickpeas/Hummus, Pita Bread/Naan Bread (1oz/28g), Cucumbers, fresh, Applesauce, Lowfat Milk - 1%</p> <p>Pita and Hummus</p>	<p>26</p> <p>L: Turkey Ground, Flour Tortillas (1oz eq/28g)(WG), Lettuce And Tomato, Applesauce, Lowfat Milk - 1%</p> <p>Turkey Tacos</p> <p>D: Chicken Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Black Beans, Applesauce, Lowfat Milk - 1%</p> <p>Tamale Pie</p>	<p>27</p> <p>L: BBQ - Chicken, Buns - Whole Grain (1oz/28g)(WG), Cole Slaw, Pears, Lowfat Milk - 1%</p> <p>BBQ Chicken Sandwich</p> <p>D: Beef Ground, Ziti Pasta(WG), Garden Salad, Pear, canned #10, Lowfat Milk - 1%</p> <p>Baked Ziti</p>	<p>28</p> <p>L: Beef Ground, Ziti Pasta (1oz eq/28gm), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Baked Ziti</p> <p>D: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peppers, Red, Applesauce, Lowfat Milk - 1%</p> <p>Red Beans and Rice</p>	<p>29</p> <p>L: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peppers, Red, Mixed Fruit, Lowfat Milk - 1%</p> <p>Red Beans and Rice</p> <p>D: BBQ - Chicken, Buns - Whole Grain (1oz/28g)(WG), Cole Slaw, Mixed Fruit, Lowfat Milk - 1%</p> <p>BBQ Chicken Sandwich</p>