		(833) 427-2888							
	Monday		Tuesday		Wednesday		Thursday		Friday
								1	
									L: Beef Ground, Macaroni
									Noodles (1oz eq/28g)(WG),
									Peppers, Red, Mandarin
									Oranges, Lowfat Milk - 1%
	•								Cheeseburger Pasta
								D:	Chicken Breasts, Egg
								D:	
									Noodles (1ozeq/28gm),
									Mixed Vegetables,
									Applesauce, Lowfat Milk - 1% Honey Garlic Chicken
4		5		6		7		8	
L:	Cheddar Cheese,	— <u>L</u> :	Chicken Breasts, Tortilla		L: Turkey Ground, Egg		L: Beef Ground,		L: Chicken Breasts, Brown
	Macaroni Noodles (1oz		Chips - WGR (1 oz/28g)		Noodles, Mixed Vegetables,		Cornbread/Corn Muffin - WGR		Rice, WG (1oz eq/28
ea/	/28g), Mixed Vegetables,		(WG), Garden Salad, Salsa,		Pear, canned #10, Lowfat		(1oz/34g)(WG), Beans -		gm/1/2c)(WG),
	Applesauce, Lowfat Milk -		Lowfat Milk - 1%		Milk - 1%	,	Vegetarian, Mandarin		Chickpeas/Hummus, Pear,
	1%		2011.001.111111			1	Oranges, #10 can, Lowfat		canned #10, Lowfat Milk - 1%
	1,70						Milk - 1%		Samioa // To, Lowiat Willia 170
	Mac and Cheese		Taco Salad		Turkey Stroganoff		Chili and Cornbread		Curry Chicken
						1	_		
D:	Kidney Beans, Rice	D:	Turkey Ground, Rice (1oz	D:	Beef Ground,	D:	Chicken Breasts, Brown	D:	Turkey Ground, Egg
	1oz eq/28gm/1/2c)(WG),		eq/28gm/1/2c)(WG), Black		Cornbread/Corn Muffin - WGR	Ι-	Rice, WG (1oz/28g)(WG),		Noodles (1ozeq/28gm)(WG),
	Peppers, Green,		Beans, Corn, Lowfat Milk -		(1oz/34g)(WG), Beans -		Chickpeas/Hummus,		Mixed Vegetables, Pears,
A	pplesauce, Lowfat Milk -		1%		Vegetarian, Pear, canned		Mandarin Oranges, #10 can,		Lowfat Milk - 1%
	1%				#10, Lowfat Milk - 1%	,	Lowfat Milk - 1%		
	Red Beans and Rice		Mexican Rice		Chili and Cornbread		Curry Chicken		Turkey Stroganoff
11		12		13		14		15	
L:	Black Beans, Rice (1oz	L:	Boot Oroana, Torana		L: Chicken Breasts, Brown		L: Beef Ground, Noodles -		L: Chicken Breasts,
eq	/28gm/1/2c)(WG), Mixed		Chips - WGR (1 oz/28g)		Rice, WG (1oz/28g)(WG),		Other, Mixed Vegetables,		Rolls-WGR(WG), Mashed
	Vegetables, Peaches /		(WG), Salsa, Peaches /		Peas and Carrots, Mixed		Mixed Fruit, Lowfat Milk - 1%		Potatoes (100% potatoes),
	Nectarines, Lowfat Milk -		Nectarines, Lowfat Milk - 1%		Fruit, Lowfat Milk - 1%	,			Tropical Fruit, Lowfat Milk -
	1%				•				1%
	Garden Rice Pilaf		Beef Nachos		Jamaican Rice and Peas	ļ	Beef Stir Fry		Chicken and Gravy
D.		D	T 0 15	D.		<u> </u>	Oli I. B. i	D:	
D:	Mozzarella Cheese,	D:	•	D:	Beef Ground, Noodles -	D:	• • • • • • • • • • • • • • • • • • • •	D:	Chicken Breasts, Rice
	Macaroni Noodles (1oz		Pasta(WG), Tomato Sauce /		Other, Mixed Vegetables,		Rolls-WGR(WG), Mashed		(1oz eq/28gm/1/2c)(WG),
	eq/28g), Tomato Sauce /		Paste, Pear, canned #10,		Mixed Fruit, Lowfat Milk - 1%)	Potatoes (100% potatoes),		Peas and Carrots, Mixed
Pa	aste, Applesauce, Lowfat		Lowfat Milk - 1%				Peaches / Nectarines, Lowfat		Fruit, Lowfat Milk - 1%
	Milk - 1%						Milk - 1%		
	Veggie Goulash		Taco Pasta		Beef Stir Fry		Chicken and Gravy		Jamaican Rice and Peas

	Monday		Tuesday		Wednesday		Thursday		Friday
18		19		20		21		22	
	Navy Beans,		L: Chicken Breasts, Tortillas		L: Beef Ground, Pasta Misc	Γ.	L: Turkey Ground, Brown		L: Chicken Breasts, Brown
"	Rolls-WGR(WG), Mashed		- 100% Whole Wheat		(WG)(WG), Garden Salad,		Rice, WG (1oz/28g)(WG),		Rice, WG (1oz/28g)(WG),
	Potatoes (100% potatoes),		(1oz/28g)(WG), Peppers,		Tropical Fruit, Lowfat Milk -		Mixed Vegetables, Tropical		Mixed Vegetables,
	Tropical Fruit, Lowfat Milk -		Green, Pears, Lowfat Milk -		1%		Fruit, Lowfat Milk - 1%		Applesauce, Lowfat Milk - 1%
	1%		1%						
	Veggie Shephards Pie		Chicken Fajitas		Pasta and Meat sauce	•	Turkey and Gravy		Teriyaki Chicken
D:	Cheddar Cheese,	D:	Beef Ground,	D:	Turkey Ground, Brown	D:	Chicken Breasts, Brown	D:	Beef Ground, Pasta Misc
	Macaroni Noodles (1oz		Cornbread/Corn Muffin - WGR		Rice, WG (1oz eq/28		Rice, WG (1oz/28g)(WG),		(WG)(WG), Garden Salad,
	eq/28g), Broccoli,		(1oz/34g)(WG), Black Beans,		gm/1/2c)(WG), Mixed		Mixed Vegetables, Tropical		Applesauce, Lowfat Milk - 1%
	Applesauce, Lowfat Milk -		Applesauce, Lowfat Milk - 1%		Vegetables, Tropical Fruit,		Fruit, Lowfat Milk - 1%		
	1%				Lowfat Milk - 1%				
	Mac and Cheese		Tamale Pie		Turkey and Gravy		Teriyaki Chicken		Pasta and Meat Sauce
25	L	26		27	ı L	28		29	. L
L	Chickpeas/Huminus,		Turkey Ground, Tortillas -	-	L: Beef Ground, Macaroni		Chicken Breasts, Brown		L: Turkey Ground, Penne
	Pita Bread/Naan Bread		100% Whole Wheat		Noodles (1oz eq/28g), Mixed		Rice, WG (1oz/28g)(WG),		Pasta -WG (1oz eq/28g/1/2c)
	(1oz/28g)(WG), Peas and		(1oz/28g)(WG), Peppers,		Vegetables, Applesauce,		Pinto Beans, Mandarin		(WG), Garden Salad,
	Carrots, Peaches /		Green, Peaches / Nectarines,		Lowfat Milk - 1%		Oranges, #10 can, Lowfat		Applesauce, Lowfat Milk - 1%
	Nectarines, Lowfat Milk -		Lowfat Milk - 1%				Milk - 1%		
	1%								
	Curried Veggie Stew		Turkey Fajitas		Chili Mac and Cheese		Dirty Rice		Tomato Basil Pasta
D:	Mozzarella Cheese,	D:	Beef Ground, Tortilla	D:	Chicken Breasts, Brown	D:	Turkey Ground, Penne	D:	Beef Ground, Macaroni
	Penne Pasta -WG (1oz		Chips - WGR (1 oz/28g)		Rice, WG (1oz/28g)(WG),		Pasta -WG (1oz eq/28g/1/2c)		Noodles (1oz eq/28g)(WG),
	eq/28g/1/2c)(WG), Broccoli,		(WG), Salsa, Pear, canned		Pinto Beans, Mandarin		(WG), Garden Salad,		Kidney / Red Beans,
	Applesauce, Lowfat Milk -		#10, Lowfat Milk - 1%		Oranges, #10 can, Lowfat		Applesauce, Lowfat Milk - 1%		Applesauce, Lowfat Milk - 1%
	1%				Milk - 1%				
	Veggie Alfredo		Beef Nachos		Dirty Rice		Tomato Basil Pasta		Chili Mac and Cheese