

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <p><b>2</b></p>  | <p><b>3</b></p> <p>L: Beef Ground, Flour Tortillas (1oz eq/28g)(WG), Potatoes, fresh, all sizes, Pineapple, Lowfat Milk - 1%</p> <p>Charizo beef &amp; potato tacos</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Corn, canned (#10), Pineapple, Lowfat Milk - 1%</p> <p>Mexican Rice</p> | <p><b>4</b></p> <p>L: Turkey Ground, Noodles - Other(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Turkey Stroganoff</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Curry Chicken</p>                  | <p><b>5</b></p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Curry Chicken</p> <p>D: Egg (large), Rolls - Wheat(WG), Garden Salad, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>garden salad</p> | <p><b>6</b></p> <p>L: Egg (large), Rolls-100% Whole Wheat(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Garden salad</p> <p>D: Turkey Ground, Noodles - Other(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Turkey Stroganoff</p>  |
| <p><b>9</b></p> <p>L: Cheddar Cheese, Rolls-WGR(WG), Garden Salad, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Roasted Veg Salad</p> <p>D: Mozzarella Cheese, Noodles - Other, Broccoli, Applesauce, Lowfat Milk - 1%</p> <p>Veggie Alfredo</p> | <p><b>10</b></p> <p>L: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Baked Beans, Applesauce, Lowfat Milk - 1%</p> <p>Burrito Bowl</p> <p>D: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Black Beans, Fruit Cocktail (no syrup), Lowfat Milk - 1%</p> <p>Beef nacho</p>                      | <p><b>11</b></p> <p>L: Beef Ground, Rolls-100% Whole Wheat(WG), Mashed Potatoes (100% potatoes), Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>meatloaf</p> <p>D: Turkey Ground, Pasta Misc (WG 1oz eq/28gm) (WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%</p> <p>Chili Mac</p> | <p><b>12</b></p> <p>L: Turkey Ground, Macaroni Noodles (1oz eq/28g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Chili Mac</p> <p>D: Chicken Breasts, Pie Crust, Meat Pies Only, Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Chic Pot Pie</p>          | <p><b>13</b></p> <p>L: Chicken Breasts, Pie Crust, Meat Pies Only(WG), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Chic pot pie</p> <p>D: Beef Ground, Rolls-100% Whole Wheat(WG), Mashed Potatoes (100% potatoes), Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Meatloaf</p> |

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|--|---|--|--|--|
| <p><b>16</b></p> <p>L: Cheddar Cheese, Brown Rice, WG (1oz/28g)(WG), Broccoli, Mixed Fruit, Lowfat Milk - 1%</p> <p>Broccoli Casserole</p> <p>D: Cheddar Cheese, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Tomato Basil Pasta</p>             | <p><b>17</b></p> <p>L: Turkey Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Black Beans, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Frito Pie</p> <p>D: Beef Ground, Corn Tortillas (1oz/28g), Salsa, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Beef Tacos</p> | <p><b>18</b></p> <p>L: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%</p> <p>Honey garlic Chicken</p> <p>D: Cheddar Cheese, Rolls-WGR(WG), Garden Salad, Pineapple, Lowfat Milk - 1%</p> <p>Salad</p>                       | <p><b>19</b></p> <p>L: Cheddar Cheese, Rolls - Wheat, Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Salad</p> <p>D: Turkey Ground, Rolls-100% Whole Wheat(WG), Mashed Potatoes (100% potatoes), Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Salisbury Steak</p>        | <p><b>20</b></p> <p>L: Turkey Ground, Rolls-100% Whole Wheat(WG), Mashed Potatoes (100% potatoes), Pineapple, Lowfat Milk - 1%</p> <p>Salisbury Steak</p> <p>D: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Pineapple, Lowfat Milk - 1%</p> <p>Honey Garlic Chicken</p> |
| <p><b>23</b></p> <p>L: American Cheese (100% cheese), Wheat Bread (1oz/28g)(WG), Tomato Soup, Mixed Fruit, Lowfat Milk - 1%</p> <p>Soup &amp; Grilled Cheese</p> <p>D: Cheddar Cheese, Elbow Pasta (1oz eq/28gm/1/2c) (WG), Mixed Vegetables, Mixed Fruit</p> <p>Mac &amp; Cheese, Mixed Veg</p> | <p><b>24</b></p> <p>L: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Taco Salad</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Black Beans, Applesauce, Lowfat Milk - 1%</p> <p>Arroz Con Pollo</p>  | <p><b>25</b></p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Chicken &amp; Gravy</p> <p>D: Beef Ground, Hamburger Buns (1oz eq/28g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Sloppy Joe</p> | <p><b>26</b></p> <p>L: Beef Ground, Buns - Whole Wheat WG (1oz/28g) (WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Sloppy Joe</p> <p>D: Turkey Ground, Ziti Pasta(WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Baked Ziti</p> | <p><b>27</b></p> <p>L: Turkey Ground, Ziti Pasta(WG), Mixed Vegetables, Pineapple, Lowfat Milk - 1%</p> <p>Baked Ziti</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Pineapple, Lowfat Milk - 1%</p> <p>Chicken &amp; Gravy</p>                                |
| <p><b>30</b></p> <p>L: Cheddar Cheese, Rolls(WG), Garden Salad, Mixed Fruit, Lowfat Milk - 1%</p> <p>Veg Salad</p> <p>D: Pinto Beans, Rice (1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Red Beans</p>   |   |  |  |  |