







All Juice served is 100% Juice. All Vegetarian side dishes are identical to the Hot meal unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2)  <u>HOT</u>: Oven Fried Chicken Drumstick, Macaroni &amp; Cheese, Spinach, Green Salad w/dressing, WG Dinner Roll, 1% Milk, Diced Peaches  <u>COLD</u>: Turkey Salad, Three Bean Salad, Sliced WG Bread, Lettuce &amp; Tomato  <u>VEG</u>: Oven Fried Vegan Chicken Breast</p>	<p>3)   <u>HOT</u>: Hawaiian Glazed Pork, Mashed Potatoes, Carrots, Black-eyed Peas, Corn Bread, OJ, Fruit Yogurt  <u>COLD</u>: Lemon Caper Rotini w/Grilled Chicken, Green Salad, Tomato Wedges, WG Dinner Roll  <u>VEG</u>: Grilled Veggie &amp; Bean Tacos, Vegetarian Baked Beans</p>	<p>4)  <u>HOT</u>: Spaghetti w/Meat Sauce, Lima Beans, Cauliflower, Breadstick, 1% Milk, Applesauce  <u>COLD</u>: Tuna Macaroni Pasta Salad, Sliced Beets, Cole Slaw, WG Dinner Roll  <u>VEG</u>: Baked Ziti w/Ricotta &amp; Mozzarella</p>	<p>5)  <u>HOT</u>: Lemon Basil Chicken, Wild Rice Pilaf, Green Peas, Okra w/tomatoes, WG Roll, Fruit Yogurt, Apple Juice  <u>COLD</u>: Roast Beef &amp; Cheddar Cheese, Potato Salad, Sliced Beets, WG Roll  <u>VEG</u>: Vegan Lemon Basil Chicken</p>	<p>6)  <u>HOT</u>: Mojito Lime Tilapia, Red Beans &amp; Rice, Tomato Salad, Corn Bread, California Veggies, 1% Milk, Banana  <u>COLD</u>: Krab &amp; WG Pasta Salad, Three Bean Salad, Carrot &amp; Raisin Salad, WG Dinner Roll  <u>VEG</u>: Vegan Chicken Tenders</p>
<p>9)  <u>HOT</u>: Chicken Parmesan, WG Linguini w/Sauce, Italian Veggies, Lima Beans, WG Roll, 1% Milk, Orange  <u>COLD</u>: Grilled Tuna &amp; WG Pasta Salad, Green Pea Salad, Stewed Tomatoes  <u>VEG</u>: Vegan Chicken Parmesan</p>	<p>10)  <u>HOT</u>: Meatloaf, Mashed Potatoes, Corn, Wax Beans, WG Dinner Roll, Grape Juice, Fruit Yogurt  <u>COLD</u>: Turkey Breast &amp; Cheddar Cheese, WW Bread, Green Bean Salad, Cucumber Slices  <u>VEG</u>: Vegan BBQ Meatballs</p>	<p>11)  <u>HOT</u>: BBQ Chicken Legs, Whipped Sweet Potatoes, Baby Carrots, Corn Bread, 1% Milk, Apple  <u>COLD</u>: Eggsalad Plate, WG Macaroni Salad, Spinach Salad, Carrot &amp; Raisin Salad, WG Dinner Roll  <u>VEG</u>: BBQ Vegan Chicken Breast</p>	<p>12)  <u>HOT</u>: Beef Stroganoff, WG Egg Noodles, Creamy Spinach, Summer Squash, WG Dinner Roll, Fruited Yogurt, OJ   <u>COLD</u>: Ham &amp; Cheese Sandwich, WG Bun, Potato Salad, Carrot Sticks  <u>VEG</u>: Vegan Beef Stroganoff</p>	<p>13)  <u>HOT</u>: Blackened Fish Filet, Stewed Tomatoes, Rice Pilaf, Brussel Sprouts, WG Roll, Tartar Sauce, 1% Milk, Banana  <u>COLD</u>: Lemon Caper Rotini w/Grilled Chicken, Green Salad, Tomato Wedges  <u>VEG</u>: Stir Fried Tofu &amp; Vegetables</p>

<p>16)  <u>HOT</u>: Salisbury Steak w/gray, Mashed Potato, Spinach, Corn, WG Biscuit, 1% Milk, Diced Pear  <u>COLD</u>: Grilled Chicken Breast, Green Salad, Lettuce &amp; Tomato, Marinated Broccoli, WG Roll  <u>VEG</u>: Curried Vegan Chicken Breast,</p>	<p>17)  <u>HOT</u>: Meatloaf, Mashed Potatoes, Corn, Green beans, WG Dinner Roll, Grape Juice, Fruited Yogurt  <u>COLD</u>: Smoked Turkey &amp; Cheddar, WW Bread, Green Bean Salad, Cuc Slices  <u>VEG</u>: Vegan BBQ Meatballs</p>	<p>18)   <u>HOT</u>: Baked Pork Chop w/gravy, Stewed Lentils, Collard Greens, Carrots, WG Dinner Roll, 1% Milk, Diced P/A  <u>COLD</u>: Curry Chicken Salad, Lettuce &amp; Tomatoes, Cucumber Salad, Tomato Wedges  <u>VEG</u>: Veggie Burger w/vegetable gravy  <b>****BIRTHDAY CAKE****</b></p>	<p>19)  <u>HOT</u>: Chicken Chili w/White Beans, Potato Wedges, Key Largo Veggies, Green Salad, Corn Bread, OJ, Fruit Yogurt  <u>COLD</u>: Turkey Quinoa Salad, Black Bean &amp; Corn Salad, Green Salad, Corn Bread, OJ, Fruit Yogurt  <u>VEG</u>: Veggie &amp; Bean Chili</p>	<p>20)  <u>HOT</u>: Vegetable Soup, Oven Fried Pollack, Tartar Sauce/Mayo, Brown Rice Pilaf, Steamed Kale, WW Bun, 1% Milk, Banana   <u>COLD</u>: Diced Ham &amp; Grain Pasta Salad, Three Bean Salad, Carrot &amp; Raisin Salad  <u>VEG</u>: Tofu &amp; Black Beans</p>
<p>23)  <u>HOT</u>: Beef Sloppy Joes, WW Bun, Cole Slaw, Sliced Carrots, 1% Milk, Orange  <u>COLD</u>: WG Fettucine Pasta w/diced tomatoes &amp; Grilled Chicken, Broccoli Florets, Carrot &amp; Raisin Salad,  <u>VEG</u>: Grilled Veggie &amp; Bean Quesadilla</p>	<p>24)  <u>HOT</u>: Rotisserie Chicken, Whipped Sweet Potato, Italian Veggies, Corn Bread, Fruited Yogurt, Grape Juice  <u>COLD</u>: Tuna Salad, WG Bun, Spinach salad w/grapes, Corn &amp; Pepper Salad  <u>VEG</u>: Vegan Rotisserie Chicken Breast</p>	<p>25)  <u>HOT</u>: Lemon Caper Fettucine Pasta w/grilled chicken, Sliced Beets, Black Beans &amp; Corn, WG Roll, 1% Milk, Fruit Cocktail  <u>COLD</u>: Curried Chicken Salad, Wild Rice Salad, Marinated Tomatoes, Cucumber Slices  <u>VEG</u>: Lemon Caper Fettucine Pasta w/Vegan grilled chicken</p>	<p>26)  <u>HOT</u>: London Broil Tips w/sauce, WG Egg Noodles, Brussel Sprouts, Yellow Corn, WG Roll, Fruit Yogurt, OJ  <u>COLD</u>: Turkey Breast &amp; Swiss, Potato Salad, Sliced Beets  <u>VEG</u>: Vegan Beef Tips w/Mushrooms and Gravy</p>	<p>27)  <u>HOT</u>: Broiled Flounder, Warm Farro Salad, Green Peas, Sliced Zucchini, Parker House Roll, 1% Milk, Diced Peaches  <u>COLD</u>: Lemon Basil Farfalle Pasta Salad w/grilled chicken, Sliced Beets, Black Bean &amp; Corn Salad, WG Roll  <u>VEG</u>: Veggie, Cheese &amp; Lentil Stuffed Pepper</p>
<p>30)   <u>HOT</u>: Pulled BBQ Pork, Brown Rice Pilaf, Lima Beans, Coleslaw, Bun, 1% Milk, Apple  <u>COLD</u>: Turkey Breast, Lettuce &amp; Tomato, WW Bread, Potato Salad, Sliced Beets  <u>VEG</u>: Pulled Jack Fruit BBQ</p>	<p>31)  <u>HOT</u>: All Beef Burger, Tater Tots, Ketchup/Mustard, Green Beans, WG Bun, Fruit Yogurt, OJ  <u>COLD</u>: Terriyaki Lo-Mein w/grilled chicken, Carrot &amp; Raisin Salad, Three Bean Salad  <u>VEG</u>: Veggie Burger</p>			

**NUTRITION NOTES:**

**PEARS & SWEET POTATOES ARE TWO FALL FOODS WITH PLENTY OF FIBER; WINTER SQUASH IS PACKED WITH VITAMIN A FOR BETTER EYE HEALTH; SWEET POTATOES ARE LOADED WITH VITAMINS A & C FOR IMMUNE HEALTH**