



Mon	Tues	Wed	Thu	Fri
		1	2	3
	Meat Loaf/Gravy	Baked Chicken	Oven Fried Rice	Turkey Salami/Cheese Sandwich
	Mashed Potato ¼ cup	Mashed Potato ¼ cup	Green Peas ¼ cup	Veggie Sticks ¼ cup
	Toasted Bread ½ slice	Toasted Bread ½ slice	Fresh Fruit ¼ cup	Fresh Fruit ¼ cup
=Entrée includes Vegetable Component	Milk ¾ cup Fresh Fruit ¼ cup	Milk ¾ cup Fresh Fruit ¼ cup	Milk ¾ cup	Milk ¾ cup
6	7	8	9	10
Vegetarian Beans	Hamburger and Bun	Beef Stew	Tuna Noodle Casserole	Turkey/Cheese Sandwich
Rice ¼ cup	Tossed Salad ¼ cup	Rice ¼ cup	Green Peas ¼ cup	Veggie Sticks ¼ cup
Fresh Fruit ¼ cup	Fresh Fruit ¼ cup	Fresh Fruit ¼ cup	Fresh Fruit ¼ cup	Fresh Fruit ¼ cup
Milk ¾ cup	Milk ¾ cup	Milk ¾ cup	Milk ¾ cup	Milk ¾ cup
13	14	15	16	17
Macaroni & Cheese	Spanish Rice	Tamale Pie	Baked Chicken	Furlough
Mixed Veggies ¼ cup	Mexicali Corn ¼ cup	Pea's & Carrots ¼ cup	Mashed Potato ¼ cup	
Fresh Fruit ¼ cup	Fresh Fruit ¼ cup	Fresh Fruit ¼ cup	Toasted Bread ½ slice	
Milk ¾ cup	Milk ¾ cup	Milk ¾ cup	Milk ¾ cup Fresh Fruit ¼ cup	
20	21	22	23	24
	Vegetarian Beans	Spaghetti Turkey Meat Sauce	Meat Loaf/Gravy	Chicken Cesar Wrap
HOLIDAY	Rice ¼ cup	Tossed Salad	Mashed Potato ¼ cup	Veggie Sticks ¼ cup
	Fresh Fruit ¼ cup	Fresh Fruit ¼ cup	Toasted Bread ½ slice	Fresh Fruit ¼ cup
	Milk ¾ cup	Milk ¾ cup	Milk ¾ cup Fresh Fruit ¼ cup	Milk ¾ cup
27	28	29		
Macaroni & Cheese	Tamale Pie	Hawaiian Rice & Ham ¼ cup		
Green Beans ¼ cup	Carrots ¼ cup	Sweet Potatoes ¼ cup		
Fresh Fruit ¼ cup	Fresh Fruit ¼ cup	Fresh Fruit ¼ cup		
Milk ¾ cup	Milk ¾ cup	Milk ¾ cup		

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