



Monday	Tuesday	Wednesday	Thursday	Friday
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				Shrimp Fettuccine Alfredo
			Corn w/ Red Peppers	
			Garlic Bread	
			Pineapple	
			Milk	
4	5	6	7	8
Tomato Braised Talapia	Chicken Tamale	Chicken Lo Mein Noodles	Cheeseburger	
Brown Rice	Cabbage Salad	Baby Carrots	w/ Lettuce, Tomato & Onion	
Mixed Vegetables	Esquites	Sliced Bread	Tator Tots	
Pineapple	Mixed Fruit	Mandarin	Apples	
Milk	Milk	Milk	Milk	
				
11	12	13	14	15
Meatloaf	Moroccan Chicken	Pork & Refried Bean Tostada	Fish Tacos w/ Flour Tortilla	Chicken Stir Fry
Mashed Potatoes w/ Gravy	Mashed Sweet Potatoes	Lettuce, Tomato, Sour Cream	w/ Pico de Gallo	Fried Rice
Corn Casserole	Stemed Collard Greens	Corn cassarole	Yellow Rice	Steamed Brocoli
Ambrosia Salad	Half a Banana	Pineapple	Mixed Fruit	Pineapple
Milk	Milk	Milk	Milk	Milk
18	19	20	21	22
Beef Goulash	Chicken Soft Taco	Sliced Turkey	Tuna Salad on a Croissant	Beef Enchiladas
Cesar Salad	w/ Pico de Gallo	Mashed Potatoes w/ Gravy	Corn, Bean & Tomato Salad	Shredded Lettuce & Tomatoes
Garlic Bread	Yellow Rice	Green Beans	Mixed Fruit	Yellow Rice
Apples	Zucchini, Corn & Tomato Salad	White Bread	Milk	Grapes
Milk	Milk	Apples		Milk
		Milk		
25	26	27	28	29
Chicken & Cheese Popusas	Chicken Faijitas	Beef Stir Fry	Sausage Pizza	Pollo a la Crema
Cabbage Salad	w/ Bell Pepper, Tomato & Onion	w/ Bell Peppers, Carrots & Zucchini	Cesar Salad	w/ Red Peppers & Cooked Spinach
Baked Sweet Potato	Refried Beans	White Rice	Cooked Carrots	White Rice
Mixed Fruit	Mandarin	Mixed Fruit	Strawberries	Mixed Fruit
Milk	Milk	Milk	Milk	Milk

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS * Peanuts * Tree Nuts * Seafood* Shellfish * Soy * Eggs * Milk * Wheat * Sesame.