

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Loaded Cheesy Nachos w/ Cilantro, Jalapeno & Onions	Quinoa w/ Tomato & Black Beans Mashed Potatoe & Gravy	Stir fry Bell peppers & Veggies Grilled Squash	Noodle Soup W/ Carrots & Celery Garlic Bread Grilled Cheese	Veggie Fried Rice Corn & Red Peppers
Corn in the cob	Green Beans	White Rice	Cesar Salad	Cucumber & Tomato salad
Refried Beans	Dinner Toll	Tortilla	Grapes	w/ Vinaigrette
Melon	Strawberries	Banana	Skim Milk	Dinner Roll/Margarine
Skim Milk	Skim Milk	Skim Milk		Skim Milk
10	11		13	14
Potato Cheddar Soup	Stir Fry veggies	Veggie Wrap	Sauteed Vegetables	Veggie Jambalaya
Grilled Cheese Sandwich	White Rice	Oven Baked Green Beans	Baked Potato/Sour Cream	Garden Salad
Carrots	Bok Choy Stir-Fry	Ceasar Salad	Cabbage salad	Mixed Fruit
Grapes	Sliced Apple	Grapes	white bread	Bread Pudding
Skim Milk	Skim Milk	Skim Milk	Orange	Skim Milk
			Skim Milk	
17		19	20	21
Quinoa	Cream of Broccoli Soup	Veggie Burger	Cheese Quesadillas	Baked Lentils
Brussels Sprouts	Carne Asada	w/ Lettuce, Tomatoe & Onion	Shredded Lettuce & Tomatoes	rice w/ veggie
Caesar Salad	Spaghetti w/Butter	Tator Tots	w/ Sour Cream & Fresh Cheese	Green Salad
Canteloup	Oatmeal Cookies with raisins	Apple Slices	Refried Beans	Sliced Bread
Skim Milk	Skim Milk	Baked Green beans	Mandarin	Strawberry
		Skim Milk	Skim Milk	Skim Milk
24	25	26	27	28
Veggie Pozole w/ Radish and lime		Baked Lentils		
Radish Salad		Mashed Potatoes and Gravy		
Yellow Rice		Stuffing		
Grapes		Green Beans		
Skim Milk		Pumpkin Pie		
		Skim Milk		
				

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

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