



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Quinoa w/ Beans & Onions	Cheese Quesadillas	
		Scalloped Potatoes	Shredded Lettuce & Tomatoes	
		Sauteed Broccoli	w/ Sour Cream & Fresh Cheese	
		Dinner Roll	Refried Beans	
		Apples	Melon	
	Milk	Milk		
6	7	8	9	10
Veggie Fajitas	Fried Rice	Hawaiian BBQ Crispy Tofu	Black Bean Tacos	Pesto Pasta
Red Bell Peppers & Tomato	w/ Veggies	Macaroni Salad	w/ Cilantro & Onion	w/ Red Peppers and Broccoli
Mexican Rice	Corn w/ Red Peppers		Mexican Rice	Caesar Salad
Tortilla	Pineapple		Sliced Peaches	Melon
Mixed Fruit	Milk		Milk	Milk
Milk				Milk
13	14	15	16	17
Garbanzo Beans w/ Onions & Tomato	Veggie a la Crema	Quinoa w/ Tomatoes & Onion	Baked Lentil Casserole	Refried Bean Tostada
Scalloped Potatoes	w/ Red Peppers & Cooked Spinach	Caesar Salad	Mashed Potatoes	Lettuce, Tomato, Sour Cream
Caesar Salad	White Rice	Garlic Bread	Corn	Corn Casserole
Dinner Roll	Mixed Fruit	Mixed Fruit	Ambrosia Salad	Pineapple
Strawberries & Bananas	Milk	Milk	Milk	Milk
Milk				
20	21	22	23	24
Cheese Pupusas	Veggie Wrap	Tomato Braised Chickpeas	Baked Lentils & Black Beans	Cheese Enchiladas
Cabbage Salad	French Fries	Brown Rice	Mashed Potatoes w/ Gravy	Shredded lettuce & tomato
Refried Beans	Green Bean Casserole	Mixed Vegetables	Corn	Mexican Rice
Mixed Fruit	Orange	Pineapple	Mixed Fruit	Mixed Fruit
Milk	Milk	Milk	Milk	Milk
27	28	29	30	31
Mongolian Broccoli	Veggie Wrap	Quinoa	Garbanzo Beans w/ Onions & Tomato	Baked Lentils & Black Beans
w/ Green & Red Pepper	Tater Tots	Mashed Potatoes w/ Gravy	Macaroni & Cheese	Yellow Rice
Cooked Carrots	Corn	Green Beans	Mixed Vegetables	Tomatoes & Corn
White Rice	Apples	White Bread	Mixed Fruit	Lettuce Salad
Mandarin	Milk	Apples	Milk	Mixed Fruit
Milk		Milk		Milk

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