

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Ham and Potato Cheddar Soup		Beef and cheese Lasagna		Chicken Fried Rice		Pork Quesadilla		Chicken Teriyaki w/broccoli & Carrots	
Grilled Cheese Sandwich		Baked sweet potato		w/ Egg, Red Peppers & Peas		w/ Tomato & Lettuce		White Rice	
Carrots		White Bread		Garlic Herb roasted potatoes and carrots		Refried Beans		Corn in a cob	
Grapes		Pineapple		Dinner Roll		corn salad		Cantaloupe	
Skim Milk		Skim Milk		Sliced Apple		Mandarin		Skim Milk	
				Skim Milk		Milk			
8		9		10		11		12	
Shrimp Alfredo Fettucini		Jambalaya		Beef Milanese		Vegetable Soup		Breaded Tilapia	
Steamed Corn w/ Red Peppers		Garden Salad		Green Peas w/ Butter		Garlic Steak Bites		rice w/ veggie	
Orange		Grilled Squash		French Fries		Green peas with butter		Green Salad	
Garlic Bread		Mandarin		Corn Tortillas		Pineapple		Sliced Bread	
Skim Milk		Skim Milk		Banana		Skim Milk		Strawberry w/ Bananas	
				Skim Milk				Skim Milk	
15				17		18		19	
Steak Fajita Bowl w/Rice		Loaded Cheesy Beef Nachos		Chicken Noodle Soup W/ Carrots & Celery		Pork Chop with mushroom		Fried Chicken	
Black Beans		w/Chantro, Jalapeno & Onions		Garlic Green Beans		White Rice		Mashed Potatoes & Gravy	
Cesar Salad		Corn in the cob		Cesar Salad		Sautéed Broccoli		Green Beans	
Banana		Refried Beans		Garlic Bread		Corn Tortilla		Dinner Roll	
Skim Milk		Melon		Banana		Melon		Strawberries	
		Skim Milk		Skim Milk		Skim Milk		Skim Milk	
22		23		24		25		26	
									
29		30		31					
Cheeseburger		Beef and veggie soup		Beef and Macaroni Casserole					
w/ Lettuce, Tomato & Onion		Mexican Rice		Baked Broccoli					
Tater Tots		Sautéed Carrots		Cesar salad					
Apple Slices		Mandarin		Garlic Bread					
Skim Milk		Skim Milk		Melon					
				Skim Milk					