



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Quinoa	Coconut Curry Chickpeas	Cheese Quesadilla
		Mashed Potatoes / Gravy	Jasmine Rice	w/ Tomato & Lettuce
		Dinner Roll	Sauteed Mixed Vegetables	Refried Beans
		Oranges	Mixed Fruit	Pineapple
		Milk	Milk	Milk
6	7	8	9	10
Veggie Wrap w/ Flour Tortilla	Grilled Cheese Sandwich Green Bean Casserole	Black Bean Hard Shell Tacos w/ Lettuce, Tomato, Sour Cream	Fried Rice w/ vegetables	Potato & Bean Chile Verde Spanish Rice
California Blend Vegetables	Chocolate Chip Cookie	Yellow Rice	Cucumber Salad	Zucchini, Corn & Tomato Salad
Mixed Fruit	Orange Slices	Pineapple	Mix Fruit	Pineapple
Milk	Milk	Milk	Milk	Milk
13	14	15	16	17
Quinoa w/ Beans & Onions	Stir Fry Vegetables	Sauteed Veggie Tacos	Pesto Pasta	Baked Lentils
Scalloped Potatoes	Fried Rice	Pico de Gallo	w/ Red Peppers and Broccoli	w/ Mushroom Gravy
Sauteed Broccoli	Mandarin Oranges	Yellow Rice	Caesar Salad	Brussel Sprouts
Dinner Roll	Milk	Pineapple	Melon	Cantelope
Apples		Milk	Milk	Milk
Milk				
20	21	22	23	24
Quinoa Tacos w/ Cilantro & Onion	Vegetable Wrap w/ tortilla	Cheese Popusas	Cheese Enchiladas	Oven Fried Tofu
Mexican Rice	Au Gratin Potatoes	Cabbage	Shredded lettuce & tomato	w/ Biscuit
Pinto Beans	Apples	Refried Beans	Refried Beans	Spinach
Pineapple	Milk	Pineapple	Mexican Rice	Sweet Potatoes
Milk		Milk	Pineapple	Milk
			Milk	
27	28	29	30	
Veggie Fajita Bowl w/ Rice	Garlic Fried Tofu	Pasta Goulash	Baked Lentils	
Black Beans	w/ White Rice	Cesar Salad	Tater Tots	
Lettuce Salad	Sauteed Cabbage & Carrots	Garlic Bread	Green Beans	
Banana	Pineapple	Sliced Peaches	Apples	
Milk	Milk	Milk	Milk	

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