

Monday	Tuesday	Wednesday	Thursday	Friday
4 Tuna Sandwich Cooked Carrots Pineapple Tidbits Milk	5 Sub Sandwich (Turkey, Swiss & Amer. Cheeses, WW Hoagie Bun) Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Apples-peeled, sliced thin Milk	6 Red Beans Brown Rice Cheese Slices Steamed Broccoli Peaches Milk	7 Meatloaf Sweet Potatoes 'n' Pears Peas Soft Bread Sticks Milk	8 Posole (Pork, Onion, hominy, seasonings) Shredded Mont. Jack Cheese Shredded Cabbage, Lime Wedges Cooked Carrots Bananas Corn Tortillas Milk
11 Arroz Con Pollo (Rice with Chicken) Spinach Salad Pineapple Tidbits Milk	12 Navy Beans w/ Turkey Ham Unsalted Saltines Thin Orange Slices Steamed Cucumber Slices & Sweet Pepper Strips Milk	13 Pizza (Cheese, Ground Beef, Onions, Tomato Sauce, Crust) Cooked Carrots Bananas Milk	14 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Green Beans Mango & Pears Milk	15 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Steamed Cauliflower & Carrot Diced Apricots Cornbread w/ butter Milk
18 <b>Holiday</b>	19 Scrambled Eggs Black Beans Diced Tomatoes Thin Orange Slices Flour Tortillas Milk	20 Roast Beef Light 'n' Creamy Mashed Potatoes Peaches WW Bagels Milk	21 Easy Homemade Chicken Nuggets Steamed Broccoli Apples-peeled, sliced thin Warm WW Rolls Milk	22 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Cooked Carrots Pears Milk
25 Baked Chicken with BBQ Sauce Steamed Broccoli Pineapple Tidbits WW Rolls Milk	26 Burritos (Pinto Beans and Cheese in a Flour Tortilla) Peas, Carrots & Corn Peaches Milk	27 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Saltine Crackers Diced Apricots Milk	28 Macaroni and Cheese Lima Beans Apples-peeled, sliced thin Cooked Carrots Milk	29 Egg Salad Sandwich on whole wheat bread Tossed Salad (dark green lettuce, shredded carrots & diced tomatoes) Pears Milk
<b>*Modify Textures as Needed</b>				