

Monday	Tuesday	Wednesday	Thursday	Friday
2 Homestyle Meat Loaf 8oz Low Fat Milk 4oz Clementine 4oz Green Beans WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes	3 BBQ Chicken 8oz Low Fat Milk 4oz Seasonal Fresh Fruit 4oz California Blend 4oz Brown Rice 3oz Chicken	4 Philly Cheesesteak 8oz Low Fat Milk 4oz Pear 4oz Coleslaw WG Hoagie Roll 3oz Beef Steak Slice & Cheese Mushroom, Pepps, & Onion	5 Spaghetti wi Meat Sauce 8oz Low Fat Milk 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	6 Cheeseburger 8oz Low Fat Milk 4oz Appleslices 4oz Lettuce & Tomato Slice WG Bun 3oz Hamburger & Cheese 4oz Baked Wedge Fries
9 Chicken Tenders 8oz Low Fat Milk 4oz Appleslices 4oz Cooked Carrots WG Roll 3oz Chicken Breast	10 Glazed Turkey Ham Slice 8oz Low Fat Milk 4oz Mixed Fruit 4oz Fresh Tossed Salad WG Bread w/ Margarine 3oz Turkey Ham w/ Pineapple 4oz Mashed Potatoes	11 Chicken Stew 8oz Low Fat Milk 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Stewed Chicken * Potatoes, Carrots, Celery	12 Chicken Salad Wrap 8oz Low Fat Milk 4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad	13 Cuban Sandwich 8oz Low Fat Milk 4oz Tropical Fruit 4oz Lettuce, Tomato, Pickle slice WG Bread 3oz Ham, Swiss Cheese
16 Chicken Breast Sandwich 8oz Low Fat Milk 4oz Appleslices 4oz Cooked Carrots WG roll 3oz Chicken Breast	17 Taco Tuesday-Fiesta Beef 8oz Low Fat Milk 4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans	18 Chicken Fettucini Alfredo 8oz Low Fat Milk 4oz Peaches 4oz Broccoli 4oz Fettucini Noodles with Sauce 3oz Diced Chicken	19 Turkey Fricasse 8oz Low Fat Milk 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes Potatoes, Carrots, Celery	20 Meatball Hoagie 8oz Low Fat Milk 4oz Pears 4oz Vegetable Blend WG Roll 3oz Beef Meatballs 4oz Seasoned Red Potatoes
23 Tuna Salad Croissant 8oz Low Fat Milk 4oz Tropical Fruit 4oz Carrots WG Croissant 3oz Tuna	24 Chicken Burrito 8oz Low Fat Milk 4oz Pear 4oz Corn 8" WG Tortilla 3oz Diced Chicken	25 Beef Stew 8oz Low Fat Milk 4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes	26 Baked Turkey 8oz Low Fat Milk 4oz Baked Cinnamon Apples 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey* 4oz Mashed Potatoes	27 Lemon Pepper Baked Chicken 8oz Low Fat Milk 4oz Peaches 4oz Vegetable Blend 4oz Pasta Salad 3oz Diced Chicken WG Dinner Roll
30 Chicken & Cheese Quesadilla 8oz Low Fat Milk 4oz Seasonal Fresh Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese Salsa	31 Sweet & Sour Chicken 8oz Low Fat Milk 4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*	To skip or cancel your Lunch Please contact 610-374-3195 Ext. 201		*1% milk served with every meal
				<i>*menu subject to change</i>