

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Homestyle Meat Loaf</b> 8oz Low Fat Milk 4oz Clementine 4oz Green Beans WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes	<b>3</b> <b>BBQ Chicken</b> 8oz Low Fat Milk 4oz Seasonal Fresh Fruit 4oz California Blend 4oz Brown Rice 3oz Chicken	<b>4</b> <b>Philly Cheesesteak</b> 8oz Low Fat Milk 4oz Pear 4oz Coleslaw WG Hoagie Roll 3oz Beef Steak Slice & Cheese Mushroom, Pepps, & Onion	<b>5</b> <b>Spaghetti wi Meat Sauce</b> 8oz Low Fat Milk 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	<b>6</b> <b>Cheeseburger</b> 8oz Low Fat Milk 4oz Appleslices 4oz Lettuce & Tomato Slice WG Bun 3oz Hamburger & Cheese 4oz Baked Wedge Fries
<b>9</b> <b>Chicken Tenders</b> 8oz Low Fat Milk 4oz Appleslices 4oz Cooked Carrots WG Roll 3oz Chicken Breast	<b>10</b> <b>Glazed Turkey Ham Slice</b> 8oz Low Fat Milk 4oz Mixed Fruit 4oz Fresh Tossed Salad WG Bread w/ Margarine 3oz Turkey Ham w/ Pineapple 4oz Mashed Potatoes	<b>11</b> <b>Chicken Stew</b> 8oz Low Fat Milk 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Stewed Chicken * Potatoes, Carrots, Celery	<b>12</b> <b>Chicken Salad Wrap</b> 8oz Low Fat Milk 4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad	<b>13</b> <b>Cuban Sandwich</b> 8oz Low Fat Milk 4oz Tropical Fruit 4oz Lettuce, Tomato, Pickle slice WG Bread 3oz Ham, Swiss Cheese
<b>16</b> <b>Chicken Breast Sandwich</b> 8oz Low Fat Milk 4oz Appleslices 4oz Cooked Carrots WG roll 3oz Chicken Breast	<b>17</b> <b>Taco Tuesday-Fiesta Beef</b> 8oz Low Fat Milk 4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans	<b>18</b> <b>Chicken Fettucini Alfredo</b> 8oz Low Fat Milk 4oz Peaches 4oz Broccoli 4oz Fettucini Noodles with Sauce 3oz Diced Chicken	<b>19</b> <b>Turkey Fricasse</b> 8oz Low Fat Milk 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes Potatoes, Carrots, Celery	<b>20</b> <b>Meatball Hoagie</b> 8oz Low Fat Milk 4oz Pears 4oz Vegetable Blend WG Roll 3oz Beef Meatballs 4oz Seasoned Red Potatoes
<b>23</b> <b>Tuna Salad Croissant</b> 8oz Low Fat Milk 4oz Tropical Fruit 4oz Carrots WG Croissant 3oz Tuna	<b>24</b> <b>Chicken Burrito</b> 8oz Low Fat Milk 4oz Pear 4oz Corn 8" WG Tortilla 3oz Diced Chicken	<b>25</b> <b>Beef Stew</b> 8oz Low Fat Milk 4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes	<b>26</b> <b>Baked Turkey</b> 8oz Low Fat Milk 4oz Baked Cinnamon Apples 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey* 4oz Mashed Potatoes	<b>27</b> <b>Lemon Pepper Baked Chicken</b> 8oz Low Fat Milk 4oz Peaches 4oz Vegetable Blend 4oz Pasta Salad 3oz Diced Chicken WG Dinner Roll
<b>30</b> <b>Chicken &amp; Cheese Quesadilla</b> 8oz Low Fat Milk 4oz Seasonal Fresh Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese Salsa	<b>31</b> <b>Sweet &amp; Sour Chicken</b> 8oz Low Fat Milk 4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*	<b>To skip or cancel your meals            Please contact            610-374-3195            Ext. 220</b>		<b>*1% milk served with every meal</b>