

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak 8oz Low Fat Milk 4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes	2 Chicken Curry Casserole 8oz Low Fat Milk 4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken Celery & Carrots	3 Sloppy Joe Sandwich 8oz Low Fat Milk 4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce	4 Beef with Mushroom Sauce 8oz Low Fat Milk 4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* Mushrooms*	5 Chicken Parmesan 8oz Low Fat Milk 4oz Fresh Orange 4oz Carrots 4oz WG Pasta 3oz Chicken Breast & Cheese*
8 Montreal Chicken & Rice 8oz Low Fat Milk 4oz Fresh Pear 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken	9 Turkey Burger 8oz Low Fat Milk 4oz Mixed Fruit 4oz Lettuce and Tomato WW Bun 3oz Turkey Burger	10 Texas BBQ Beef 8oz Low Fat Milk 4oz Pears 4oz Winter Blend WG Corn Bread 3oz BBQ Beef Rib 4oz Mashed Potatoes	11 Lasagna Roll with Meat Sauce 8oz Low Fat Milk 4oz Fresh Orange 4oz Steamed Broccoli WG Roll 3oz Ground Meat in Sauce	12 Chicken Fajita 8oz Low Fat Milk 4oz Pears 4oz Corn WG 8" Tortilla 3oz Fajita Chicken w/Cheese Sauteed Peppers and Onions
15 Homestyle Meat Loaf 8oz Low Fat Milk 4oz Clementine 4oz Green Beans WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes	16 BBQ Chicken 8oz Low Fat Milk 4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken	17 Philly Cheesesteak 8oz Low Fat Milk 4oz Pear 4oz Coleslaw WG Hoagie Roll 3oz Beef Steak Slices & Cheese* Mushrooms, Pepps, & Onions*	18 Spaghetti w Meat Sauce 8oz Low Fat Milk 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	19 Cheeseburger 8oz Low Fat Milk 4oz Appleslices 4oz Lettuce and Tomoato Slice WG Bun 3oz Hamburger & Cheese 4oz Baked Wedge Fries
22 Chicken Tenders 8oz Low Fat Milk 4oz Fresh Seasonal Fruit 4oz Green Beans 4oz WG Macaroni & Cheese 3oz Chicken Tenders	23 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	24 Chicken Stew 8oz Low Fat Milk 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Stewed Chicken * Potatoes, Carrots, Celery*	25 Chicken Salad Wrap 8oz Low Fat Milk 4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad	26 Cuban Sandwich 8oz Low Fat Milk 4oz Mixed Fruit 4oz Lettuce, Tomato, Pickle WG Bread Slice 3oz Ham, Swiss Cheese
29 Chicken Breast Sandwich 8oz Low Fat Milk 4oz Appleslices 4oz Cooked Carrots WG roll 3oz Chicken Breast	30 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		*1% milk served with every meal *menu subject to change	To skip or cancel your Lunch Please contact 610-374-3195 Ext. 201