

Monday	Tuesday	Wednesday	Thursday	Friday
Stuffed Chicken Breast	Sweet & Sour Pork	Spaghetti	Salisbury Steak	Mac & Cheese
Mashed Sweet Potatoes	Brown Rice	Meatballs	Mashed Potatoes	Stewed Tomatoes
California Blend	Carrots	Spinach	Green Beans	Sugar Snap Peas
Oranges	Pineapple Tidbits	Pineapple	Whole Wheat Bread	Banana
	Whole Wheat Bread	Whole Wheat Bread	Citrus Fruit Cup	
Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna Roll ups	Sliced Turkey/Gravy	Yucatan Chicken Breast	Sausage & Peppers	Baked Cod
Italian GreenBeans	Mashed Potato	Yellow Rice & Peas	Whole Wheat Egg Noodles	Roasted Potatoes
Carrots	Winter Squash	Black Bean & Corn Salad	Acorn Squash	Stewed Tomatoes
Citrus Fruits Cup	Whole Wheat Roll	Orange	Sliced Peaches	Whole Wheat Bread
	Mandarin Oranges		Whole Wheat Bread	Bananas
Monday	Tuesday	Wednesday	Thursday	Friday
Paprika Chicken/Egg Noodles	Ham & Cheese Quiche	Mesquite Chicken	Meatloaf	Garlic Broccoli & Shell Pasta
Sugar Snap Peas	Roasted Potatoes	Scalloped Potatoes	Mashed Sweet Potatoes	Italian Green Beans
Applesauce	Broccoli	Mixed Vegetable	Mixed vegetables	Winter Squash
Whole Wheat Bread	Whole Grain Roll/Margarine	Apricots	Whole wheat Bread	Diabetic Cookie
Bananas	Citrus Juice		Orange	
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Stroganoff	Cheesy Chicken & Rice	Pagash	BBQ Pork	Eggplant Rotolini
Whole Wheat Noodles	Broccoli	Broccoli	Roasted Potatoes	Pasta
Mixed Vegetables	Orange & Beet Salad	Winter Squash	Collard Greens	Italian Green Beans
Whole Wheat Bread	Banana	Apples	Whole Wheat Bread	Whole Wheat Bread
Orange			Citrus Fruit Cup	Apricots