

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Adobo <u>1</u> Green Peas ***Marinated Bell Pepper and Tomato Fresh/Unsweetened Pear or Peach Spanish Brown Rice</p>	<p>Quiche <u>2</u> (2 eggs, tofu, spinach, mushrooms, cheese garnish) LS Italian Wedding Soup **Broccoli Caesar Salad *Orange WG Bread</p>	<p>Shepherd's Pie <u>3</u> (ground beef w/ mashed potatoes) **Carrots Mixed Salad Greens Pineapple/Mango Fruit Cup Whole Grain Roll</p>	<p>Baked Fish Almandine <u>4</u> LS Mushroom Soup Green Beans w/ Herbs ***Spinach Salad w/ Kale, Cucumber, Mandarin Orange Barley w/ Herbs Yogurt Parfait w/ Berries</p>	<p>Arroz Con Pollo <u>5</u> Chicken w/ Brown Rice LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple</p>
<p>Savory Beef Stew <u>8</u> (beef cubes, carrots, celery & onion** w/ LS sauce) Herbed Brussels Sprouts Mashed Potatoes Fresh Fruit in Season *100% Orange Juice Oatmeal Cookie WG Roll</p>	<p>Enchilada Casserole <u>9</u> (ground turkey w/ cheese garnish & corn tortilla) LS Salsa Verde (green sauce) LS Black Beans Mesclun Salad Mango Fruit Cup Spanish Brown Rice</p>	<p>Baked Pollack <u>10</u> w/ Lemon Sauce LS Lentil Soup Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf</p>	<p>BBQ Chicken <u>11</u> w/ LS Sauce *Tri Color Coleslaw Canned Pear or Melon Macaroni w/ Cheese Whole Grain Roll</p>	<p>Open-Face Hot Turkey Sandwich <u>12</u> (LS turkey w/ LS gravy) LS Chicken Soup Green Beans **Spinach Salad w/ Shredded Cabbage *Orange WG Bread</p>
<p>Vegetarian Chili <u>15</u> (LS pinto & kidney beans, LS tomatoes, cheese garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread</p>	<p>Hawaiian Chicken <u>16</u> Breast (w/ LS sauce, water chestnuts, mushrooms, pineapple garnish) Mesclun Salad *Cantaloupe or Tangerine Brown Rice</p>	<p>Turkey Milanese <u>17</u> (w/ LS red sauce & whole grain linguine) Zucchini ***Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper Banana Lemon Pudding</p>	<p>Salmon <u>18</u> w/ LS Dill Sauce LS Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll</p>	<p>Asian Beef Stir-Fry <u>19</u> (beef strips w/ LS sauce) LS Hot & Sour Soup Mixed Asian Vegetables** (broccoli, bell pepper, onions) **Carrot Raisin Salad *Kiwi Brown Rice</p>
<p>Mediterranean Chicken <u>22</u> w/ LS sauce **Sauteed Spinach LS Tomato & Cucumber Salad w/ Vinaigrette Dressing *Kiwi or Orange Barley w/ Herbs</p>	<p>Spaghetti <u>23</u> (ground turkey, LS tomato sauce, whole grain spaghetti) LS Mushroom Soup Green Beans ***Chopped Salad w/ Kale Fresh/Unsweetened Pear/Peach Chocolate Pudding</p>	<p>Beef Fajita <u>24</u> (beef strips w/ peppers & onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Warm Whole Grain Tortilla</p>	<p>LS Roast Turkey <u>25</u> (sliced LS turkey breast w/ LS gravy) **Fresh Baked Yam or Sweet Potato Herbed Brussels Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread</p>	<p>Tuna Salad <u>26</u> (tuna w/ celery & onion) LS Corn Chowder Herbed Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll</p>
<p>Korean BBQ <u>29</u> (beef w/ LS Korean BBQ sauce) Herbed Zucchini ***Broccoli Salad w/ Sliced Radish Pineapple (in own juice) Herbed Brown Rice</p>	<p>Fish Vera Cruz <u>30</u> LS Garden Veggie Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Warm WG Tortilla</p>	<div data-bbox="877 1312 1186 1562" data-label="Image"> </div> <p>DOA Requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance. *Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C requirement [=] Potassium-rich</p> <p>Suggested voluntary contribution – \$3.00 per meal NOTE: Menu is subject to change without notice.</p>		