

Monday	Tuesday	Wednesday	Thursday	Friday
Low-Fat Milk (8oz) is included daily. Suggested contribution \$3.00 per meal. Menu is subject to change without notice.	Community Investment Dept. Requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance. * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich [&] High in Fiber 		Baked Fish w/Garlic Marsala Sauce <u>1</u> L/S Garden Vegetable Soup L/S Herbed Cannellini Beans ***Broccoli Salad Cinnamon Applesauce OR Apple Whole Grain Pasta	BBQ Chicken <u>2</u> **Collard Greens ***Coleslaw w/Red Cabbage & Carrots Fresh Fruit in Season Macaroni & Cheese Whole Grain Roll
Vegetarian Chili <u>5</u> (L/S Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Fruit Cup OR Kiwi Quinoa Pilaf	Jamaican Jerk Chicken <u>6</u> **Sweet Potato *Pineapple Coleslaw Fresh Fruit in Season Jasmine Brown Rice OR Brown Rice	Potato Crusted Pollock <u>7</u> Sandwich L/S Cream of Mushroom Soup (Lettuce, Tomato, Onion, Tartar Sauce) L/S Herbed Lentils *Orange Whole Grain Bun	Turkey Meatloaf <u>8</u> Corn ***Spinach/Kale Salad w/Mandarin Oranges Banana Whole Grain Bread Vanilla or Chocolate Pudding	Asian Beef Stir Fry <u>9</u> L/S Hot & Sour Soup (Beef Strips, Mixed Asian Vegetables - Broccoli, Bell Peppers, Onions) Romaine Salad *Mango Fruit Cup Pineapple Sauté Brown Rice
Tuna Salad Cold Plate <u>12</u> (Celery & Onion) L/S Tomato Basil Soup Herbed Potato Salad *Creamy Coleslaw Baked Apple OR Unsweetened Applesauce Whole Grain Roll	Linguine w/Meat Sauce <u>13</u> (Ground Turkey, L/S Tomato) Broccoli ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Linguine	Tandoori Chicken <u>14</u> Peas & Corn **Spinach Salad *Pineapple & Mandarin Fruit Cup Wild Rice Pilaf	Beef Fajita <u>15</u> Beef Strips, Peppers & Onions L/S Fideo Soup L/S Pinto Beans Spring Mix Salad *Cantaloupe OR Diced Mango Whole Grain Warm Tortilla	Greek Chicken Breast <u>16</u> **Roasted Carrots w/Herbs Dill Cucumber Salad *Orange or Tangerine Quinoa Chocolate Chip or Oatmeal Cookie
Turkey Enchilada Casserole <u>19</u> (Ground Turkey, Tomato Sauce, Tortilla, Cheese Garnish) L/S Pinto OR Black Beans Mesclun Mixed Salad ***Mango Fruit Cup Spanish Brown Rice	Beef Meatloaf <u>20</u> (Ground Beef, Mushroom sauce) Rosemary Mashed Potatoes Green Beans w/Herbs *Orange Whole Grain Roll	Baked Fish Jambalaya <u>21</u> (Tilapia) L/S Garden Vegetable Soup **Carrots ***Broccoli Slaw Fresh or Unsweetened Plum or Pear Brown Rice Pilaf Lemon Pudding	BBQ Pulled Chicken Sandwich <u>22</u> Oven Roasted Brussels Sprouts *Chopped Salad w/Kale Apple Whole Grain Roll	Chick Chana Masala <u>23</u> (Chickpea Curry, Tomato, Garlic, Onion) **Sweet Potato ***Spinach Salad w/Mandarin Banana Whole Grain Couscous Naan Bread
Bolognese w/Penne Pasta <u>26</u> (Ground Beef, Tomato Sauce) Herbed Zucchini & Yellow Squash Caesar Salad *Orange Whole Grain Penne Pasta	Baked Salmon w/Thai Chili Sauce <u>27</u> L/S Leek Soup **Oven Roasted Carrots Cauliflower w/Herbs *Pineapple/Mango Fruit Cup Whole Grain Roll	Oven Fried Chicken <u>28</u> L/S Baked Beans ***Spinach Kale & Cabbage Salad Banana L/S Whole Grain Stuffing	Korean BBQ Beef <u>29</u> L/S Tofu Vegetable Soup (Beef Strips) **Steamed Broccoli Dill Cucumber Salad *Mandarin Fruit Cup Brown Rice Pilaf	Stuffed Bell Pepper <u>30</u> (Ground Turkey, Barley in entrée) Green Peas w/Onions Romaine Salad w/Tomato Fresh Fruit in Season *Orange Juice Dinner Roll 