

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|---|--|--|---|
| WEEK 1 | 1 | 2 | 3 | 4 | 5 |
| | 3 oz. Seasoned Chicken Thigh ½ c. Garlic Mashed Potatoes ½ c. California Blend Veggies 1 Wheat Roll/ Margarine Cup ½ c. Seasonal Fruit 8 oz. 1% Milk | 8 oz. Turkey Lasagna ½ c. Broccoli ½ c. Fresh Vegetables 1 WG Dinner Roll w/ Margarine Cup ½ c. Seasonal Fruit 8 oz 1% Milk | 3 oz. Meatloaf w/ Apple Brown Gravy ½ c. Mashed Potatoes ½ c. Green Beans 1 sl. WG Bread ½ c. Pineapples 8 oz. 1% Milk | 8 oz. Macaroni & Cheese ½ c. Steamed Carrots ½ c. Broccoli 1 sl. WG Bread w/ Margarine cup ½ c. Fresh Fruit 8 oz. 1% Milk | 3 oz Herb Crusted Chicken Parmesan ½ c. WG Noodles ½ c. Green Beans ½ c. Fresh Fruit 8 oz. 1% Milk |
| WEEK 2 | 8 | 9 | 10 | 11 | 12 |
| | 3 oz Lemon Baked Chicken ½ c Roasted Sweet Potatoes ½ c Squash Medley 2 oz WG Roll w/Margarine 1 Orange 8 oz. 1% Milk | 3 oz. Beef Mongolian ½ c. Asian Fried Rice ½ c. Asian Vegetables 2 oz. Dinner Roll/margarine ½ c. Fresh Fruit 8 oz. 1% Milk | 3 oz. Herb Crusted Baked Fish ½ c. Yellow Rice w/vegetables ½ c. Green Beans 1 oz. Dinner Roll w/Margarine ½. c. Peaches 1 Packet Tarter Sauce 8 oz. 1% Milk | 3 oz. Sweet and Sour Meatballs ½ c. Egg Noodles ½ c. Asian slaw 2oz. Dinner Roll/ Marg 1 Banana 8 oz. 1% Milk | 3 oz. Chicken Francoise ½ c. Herb Roasted Potatoes ½ c. Green Beans 2 oz.WG Roll w/ margarine ½ c. Peaches 8 oz. 1% Milk |
| WEEK 3 | 15 | 16 | 17 | 18 | 19 |
| | 3 oz Chicken Marsala on Bed of WG Pasta ½ c Baby Carrots ½ c Zucchini in Tomato Sauce 1 Dinner Roll w/ Margarine 1/2 cup Canned Fruit 8 oz. 1% Milk | 4 Crispy Fish Nuggets ½ c. Garlic Mashed Potatoes ½ c. Carrot Coins ½ c. Fresh Fruit 1 Packet Ketchup & Tarter Sauce 8 oz. 1% Milk | 3 oz. Hamburger w/ Lettuce & Tomato on WG Bun ½ c. Roasted Potato ½ c. Grilled Vegetables ½ c. Mixed Fruit 1 pkt Ketchup, Mustard 8 oz 1% Milk | 3 oz. Mojo Sliced Chicken Breast ½ c Yucca Mashed ½ c Green Peppers, Yellow Peppers & Onions. 1 WG Dinner Roll /w margarine cup ½ c Fresh Fruit 8 oz. 1% Milk | 3 oz. Sweet Thai Chili Salmon ½ c Rice Noodles ½ c Ginger & Garlic Bok Choy 1 Dinner Roll w/ margarine cup ½ c. Fresh Fruit 8oz. 1% Milk |
| WEEK 4 | 22 | 23 | 24 | 25 | 26 |
| | Spaghetti & (4) Meatballs ½ c. Marinara sauce ½ c. Garden Salad w/ dressing 2 oz. Dinner roll w/ margarine ½ c. Seasonal Fruit Cup 1 Package Powdered Milk | 3 oz. Authentic Chimichurri Chicken ½ c. Yellow Rice ½ c. Mixed Vegetables 1 Dinner Roll w/margarine cup ½ . Mixed Fruit | 3 oz. Herb Crusted Baked Fish ½ c. Brown Rice ½ c. Mixed Vegetables 1 WG Roll w/ Margrine Cup ½ c. Fresh Fruit 8 oz 1% Milk | 8 oz. Beef & Macaroni Casserole ½ c. Garlic Mashed Potatoes ½ c. Carrots 1 WG Dinner Roll w/margarine cup ½ c. Peaches 8 Mooz. 1% Milk | 3 oz. Sweet & Sour Chicken ½ c. White Rice ½ c. Ginger Peas 1 WG Dinner Roll w/ Margarine Cup ½ c. Oranges 8 oz. 1% Milk |
| WEEK 1 | | | | | |