

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Steak Quesadilla w/salsa and sour cream Side Salad: shredded lettuce, tomato, and cheddar. Refried Beans/ Fresh Fruit	2 Baked Manicotti w/ Marinara and Parmesan Steamed Broccoli Breadstick Applesauce
5 Pork Chop Sandwich w/ grilled onion, lettuce and tomato Pea and Cheese Salad Potato Wedges Tropical Fruit	6 Grilled Lemon Herb Pollock Rice Pilaf Peas Dinner Roll Pears	7 Veggie Burger Italian Salad Roasted Potatoes Pudding Peaches	8 Grilled Chicken Citrus Salad Flat Bread w/ Hummus Fresh Fruit Cookie	9 Warm Ham and Swiss on Ciabatta Bun Broccoli Salad Sweet Potato Fries Fresh Fruit
12 Cheeseburger w/lettuce and tomato Chopped Cucumber Salad Baked Beans Watermelon	13 Fish Sandwich w/ lettuce, tarter and tomato Coleslaw French Fries Mixed Fruit	14 Lemon Pepper Chicken Homemade Mac and Cheese Steamed Zucchini Dinner Roll Mandarin Oranges	15 Chef Salad: Romaine, Ham and Turkey, Boiled Egg, Cucumber, Tomato, Cheddar Breadstick Cookie Fresh Fruit	16 Salisbury Steak Mashed Potatoes and Gravy Garden Salad Dilled Carrots Apricots Dinner Roll
19 Stuffed Peppers Steamed Rice Broccoli Peaches Dinner Roll	20 Spanish Omelet Diced Hashbrown Potatoes Yogurt Cup Tropical Fruit Muffin	21 Salmon burger w/ lettuce and tomato Potato Salad Cookie Pineapple	22 Southwestern Salad: Chicken, black beans, corn, cheddar, tomatoes in a tortilla shell w/ fiesta dressing Muffin/ Fresh Fruit	23 Chicken Salad on Croissant w/ lettuce Fresh Veggies and Dip Fresh Fruit
26 Cranberry Turkey Wrap Broccoli Salad Chips Fresh Fruit	27 Meatball Stroganoff Steamed Rice Stir Fry Vegetables Mandarin Oranges Dinner Roll	28 Crispy Chicken Salad w/Romaine, Tomato, Cucumber, Boiled Egg and Cheddar Fresh Fruit Bread Stick	29 French Bread Pizza Garden Salad Tropical Fruit Brownie	30 Butter Chicken Turmeric Rice Dilled Cucumber Salad Steamed Broccoli Mixed Fruit

1% milk, roll or bread, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*

Suggested meal donation for eligible persons is \$4.00. For non-eligible persons, cost is \$8.00 per meal