

Monday	Tuesday	Wednesday	Thursday	Friday
3 Parmesan Crusted Tilapia Garlic Herb Potatoes Steamed Vegetables Pineapple Dinner Roll	4 Veggie Burger w/ cheese, lettuce & tomato Dilled Cucumber Salad French Fries Peaches	5 Sweet & Sour Meatballs Garden Salad Steamed Rice Mixed Fruit Dinner Roll	6 Grilled Chicken & Citrus Salad Flat Bread w/ Hummus Fresh Fruit Cookie	7 Pork Chop Broccoli Salad Scalloped Potatoes Pears
10 Salisbury Steak Mashed Potatoes w/ Gravy Capri Vegetables Fresh Fruit	11 Oven Roasted Chicken Leg Wild Rice Steamed Vegetables Dinner Roll Mixed Fruit	12 Turkey, Cheddar, & Spinach Sandwich Macaroni Salad Sun Chips Peaches	13 Fish Taco Black Bean Salad Spanish Rice Mandarin Oranges	14 Lasagna Breadstick Steamed Broccoli Fresh Fruit
17 Grilled Cheese Sandwich Vegetable Soup Pears Pudding	18 Chicken Caesar Wrap Chips Tropical Fruit Cookie	19 Cheeseburger w/ lettuce & tomato Potato Salad Baked Beans Mixed Fruit	20 Southwestern Salad: Chicken, Beans, Cheese, Corn, Romaine & Tomatoes w/fiesta dressing Fresh Fruit Muffin	21 Fish & Chips w/ tarter Coleslaw Corn Muffin Peaches Cookie
24 Spanish Omelet Hashbrown Yogurt Fruit Bowl	25 Cheese Pizza w/ veggies Garden Salad Cookie Fresh Fruit	26 Crispy Chicken Salad w/ Romaine, Tomato, Cucumber, Boiled Egg & Cheese Fresh Fruit Breadstick	27 BBQ Pulled Pork on bun Coleslaw Potato Wedges Tropical Fruit	28 Meatloaf Mashed Potatoes & Gravy Green Beans Pears Dinner Roll
31 Chicken Salad on Croissant w/ lettuce & tomato Fresh veggies w/ dip Chips Fresh Fruit Brownie				

1% milk, 2oz whole grain, & 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 \$5.00. For non-eligible persons, cost is \$9.00 per meal