

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey, Cheddar, and Spinach Wrap Macaroni Salad Sun Chips Peaches	2 BBQ Rib Confetti Coleslaw Mac and Cheese Baked Beans Watermelon	3 
6 Lasagna Breadstick Steamed Broccoli Fresh Fruit	7 Chicken Caesar Wrap Chips Tropical Fruit Cookie	8 Cheeseburger w/ lettuce and tomato Potato Salad Baked Beans Mixed Fruit	9 Southwestern Salad: Chicken, Beans, Cheese, Corn, Romaine, and tomatoes in a tortilla bowl w/fiesta dressing Fresh Fruit/Muffin	10 Fish and Chip w/ tarter Coleslaw Corn Muffin Cookie Fresh Fruit
13 Spanish Omelet Hashbrowns Yogurt Fruit Bowl	14 Cheese Pizza w/ veggies Garden Salad Cookie Fresh Fruit	15 BBQ Pork on bun Coleslaw Potato Wedges Tropical Fruit	16 Chef Salad: Romaine Lettuce topped w/ turkey, ham, boiled egg, cheese, tomato, and cucumber Muffin Fresh Fruit	17 Meatloaf w/mashed potatoes and gravy Green Beans Pears Dinner Roll
20 Grilled Chicken Sandwich w/ Lettuce and Tomato Sweet Potato Fries Three Bean Salad Fresh Fruit	21 French Dip w/ Au Jus Pickled Beet Salad Potato Wedges Peaches Cookie	22 Taco Salad w/ beef, cheese, sour cream, lettuce, salsa, and chips. Refried Beans Pineapple	23 Grilled Fish Fillet Wild Rice Caribbean Vegetables Dinner Roll Peaches	24 Blackened Chicken Salad: Romaine, Tomato, Cucumber, and Boiled Egg Rustic Roll Cookie/Fresh Fruit
27 California Turkey Burger W/ romaine lettuce, tomato, and guacamole Sweet Potato Fries Tropical Fruit	28 Club Sandwich Potato Salad Sun Chips Brownie Fresh Fruit	29 Garden Salad Spaghetti w/ Meat sauce Garlic Bread Peaches	30 Beef Gyro w/ lettuce, tomato, cucumber, and tzatziki sauce Garlic Fries Watermelon	31 Tuna Salad Sandwich w/ lettuce and tomato Sun Chips Cookie Pineapple

1% milk, 2oz whole grain, 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 60+ is \$5.00. For under 60, cost is \$9.00 per meal