

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED 1	2oz Apple chicken sausage over ½ cup buttery egg noodles WG breadstick 1oz cheddar cheese over 1 c steamed broccoli ½ cup Applesauce	2oz Sliced turkey breast 1oz American cheese on WG tortilla Mustard packet ½ c Creamy coleslaw ½ c Fresh melon ¼ c Raisins	3oz Lemon pepper chicken over ½ c brown rice WG dinner roll 1 c Peas & carrots ½ c Fresh banana	2oz Ground beef & 1oz mozzarella cheese over WG pasta w/marinara WG breadstick ½ c Kernel corn ½ c Green beans ½ c Fresh Pear
8 Stuffed pepper (3oz gr beef, ½ c rice, ½ c green pepper) WG dinner roll ½ c Sweet potato casserole ½ c Fresh orange	9 Pulled pork, 3oz WG Bun ½ c Green beans 1 c Tossed salad w/dressig ½ c Fresh apple	10 Homemade meatballs, 3oz WG pasta w/marinara WG breadstick 1 c Mixed vegetables ½ c Fresh banana	11 Ham cheese melt (2oz Sliced turkey ham,1oz American cheese on WG bread) ½ c Maple beans ½ c Steamed broccoli ½ c Fresh pear	12 Salisbury steak w/gravy, 4oz WG dinner roll ½ c Homestyle mashed potatoes ½ c Green peas ½ c Applesauce
15 CLOSED	16 Turkey tetrazzini (3oz roasted turkey over WG pasta w/creamy sauce) WG breadstick 1 c Peas & carrots ½ c Fresh apple	17 3oz Italian sausage w/marinara on WG bun ½ c Peppers & onions ½ c Mixed vegetables ½ c Fresh banana	18 Beef biscuit bake (2oz gr beef, 1oz cheddar cheese over WG biscuits w/gravy) ½ c Roasted sweet potatoes ½ c Kernel corn ½ c Diced peaches	19 Chicken royale (3oz roasted chicken w/curry sauce over ½ c brown rice) WG dinner roll ½ c Tuscan vegetables 1 c Tossed salad w/dressing ½ c Fresh pear
22 3oz Ginger apple pork chops WG dinner rolls 1 c Tuscan vegetables ½ c Fresh orange	23 3oz Turkey sausage & 2oz pancakes w/syrup ½ c Sweet potato casserole ½ c Fresh melon ½ c Applesauce	24 2oz Burger patty 1oz American cheese on WG bun Ketchup & mustard ½ c Roasted potatoes ½ c Glazed carrots ½ c Fresh banana	25 3oz Roasted chicken w/gravy over ½ c spaetzli dumplings WG dinner roll ½ c Homestyle mashed potatoes ½ c Green peas ½ c Fresh apple	26 2oz Seasoned beef, 1oz shredded cheese on 2-6oz tortillas ½ c Homemade black bean & tomato salsa ½ c Kernel corn ½ c Fresh pear Taco sauce packet
29 Chicken melt (1.5oz chicken breast, 1.5oz Swiss cheese on WG bread) ½ c BBQ beans ½ c Kernel corn ¼ c Raisins	30 3oz Pineapple ham steak WG dinner rolls 1 c California vegetables ½ c Fresh apple	31 Chili mac (2oz Ground beef, 1oz cheddar cheese on WG pasta w/sauce) WG breadstick 1 c Mixed vegetables ½ c Fresh banana		Menu subject to Change

Menus Reviewed By: Matt Newman RD LD
 Food Produced by Innovation Food Service
 Each meal served with 1 cup 1% milk