

Monday	Tuesday	Wednesday	Thursday	Friday
			1 3oz Homemade meatballs over ½ c WG rotini w/marinara 1oz WG breadstick ½ c Steamed broccoli ½ c Kernel corn 1/2 c Strawberries	2 Stir fry chicken (3oz roasted chicken w/ stir fry sauce over ½ c brown rice) 1oz WG dinner roll 1 c Peas & carrots 1/2 c Diced pears
5 2oz Sliced turkey ham 1oz American cheese on 10" WG tortilla ½ c Three bean salad ½ c Coleslaw Pickle chips ½ c Fresh orange	6 3oz BBQ chicken legs ½ c Brown rice 1oz WG dinner roll ½ c Red beans ½ c Tuscan vegetables ½ c Applesauce	7 2oz Beef patty 1oz American cheese on 2oz WG bun ½ c Roasted potatoes ½ c Kernel corn ½ cup fresh banana	8 Korean beef bowl (3oz ground beef w/sauce over 1 c brown rice) ½ c Steamed broccoli ½ c Sliced carrots ½ c Fresh pear	9 Chicken cacciatore (3oz roasted chicken w/cacciatore sauce over ½ c mashed potatoes) 2oz WG breadsticks 1 c Tossed salad w/dressing ¼ c Craisins
12 Sloppy joe (3oz ground beef w/sauce) 2oz WG Bun ½ c Roasted potatoes ½ c Green peas ¼ c Raisins	13 Chicken gumbo (3oz roasted chicken w/gumbo stock over ½ c brown rice) ½ c Sliced carrots Wheat crackers ½ c Diced peaches ½ c Fresh apple	14 3oz Swedish meatballs over ½ c WG pasta 1oz WG breadstick ½ c Sweet potato casserole ½ c Kernel corn ½ c Fresh banana	15 Orange chicken (3oz roasted chicken w/orange sauce & water chestnut) 2oz WG dinner rolls 1 c Mixed vegetables ½ c Strawberries	16 4oz Meatloaf w/gravy over ½ c brown rice 1 c California vegetables 1oz (2each) WG chocolate chip cookies ½ c Diced pears
19 3oz Breaded pork chop 2oz WG dinner rolls ½ c Mashed potatoes ½ c Hickory beans ½ c Fresh orange	20 Chicken pot pie (3oz chicken,1oz grain 1oz WG breadstick ½ c Mixed vegetables ½ c Diced peaches ½ c Applesauce	21 3oz Italian sausage w/marinara 2oz WG bun ½ cup Peppers & onions ½ c Roasted potatoes ½ c Fresh banana	22 Garlic chicken (3oz roasted chicken w/garlic sauce) ½ c WG pasta 1oz WG breadstick 1 c Mixed vegetables ½ c Fresh pear	23 Turkey cheese melt (2oz Sliced turkey breast, 1oz American cheese on 2oz WG bread) ½ c Steamed broccoli ½ c Kernel corn ¼ c Craisins
26 4oz Salisbury steak w/gravy over ½ c mashed potatoes 2oz WG dinner rolls ½ c Green peas ¼ c raisins	27 3oz Roasted chicken w/pesto sauce over ½ c WG pasta 1oz WG breadstick ½ c Sliced carrots 1 c Tossed salad w/dressing ½ c fresh apple	28 2oz Seasoned beef 1oz shredded cheese on 10" WG tortilla ½ c Homemade black bean & tomato salsa ½ c Kernel corn ½ c Fresh banana Taco sauce packet		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