

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Gumbo - 3 oz Brown Rice - 1/2 cup Crackers - 4 packs (1 oz) Sliced Carrots - 1/2 cup Cinnamon Pears - 1/2 cup Fresh Apple - 1 ea</p>	<p>3</p> <p>Turkey Tetrizzini - 3 oz turkey w/ sauce WG Pasta - 1/2 cup Garlic Bread - 1 oz Steamed Broccoli - 1/2 cup Kernel Corn - 1/2 cup Fresh Orange - 1/2 cup</p>	<p>4</p> <p>Stuffed Pepper - 1/2 c pepper stuffed w/ Ground Beef - 3 oz & Brown Rice - 1/2 cup Roasted Potatoes - 1/2 cup WG Dinner Roll w/ Margarine Fresh Banana - 1 ea</p>	<p>5</p> <p>Chicken Teriyaki- 3 oz Brown Rice - 1/2 cup Oriental Vegetables - 1/2 cup Green Peas - 1/2 cup Applesauce - 1/2 cup WG Chocolate Chip Cookie-2</p>	<p>6</p> <p>WG Pasta Marinara - 1/2 cup w/ Meat Sauce - 2 oz beef Mozzarella - 1 oz WG Breadstick - 1 oz Diced Carrots - 1/2 cup Cauliflower - 1/2 cup Fresh Pear - 1 ea</p>
<p>9</p> <p>Pork Chop - 3 oz Sauerkraut - 1/4 cup Roasted Potatoes - 3/4 cup WG Dinner Roll w/ Margarine Applesauce - 1/2 cup</p>	<p>10</p> <p>Swedish Meatballs - 3 oz Pasta - 1/2 cup WG Breadstick - 1 oz Green Peas - 1/2 cup Kernel Corn - 1/2 cup Fresh Orange - 1 ea</p>	<p>11</p> <p>BBQ Pulled Chicken - 3 oz on WG Bun - 2 oz Pickle Chips Green Beans - 1/2 cup Sliced Carrots - 1/2 cup Fresh Banana - 1 ea</p>	<p>12</p> <p>Saulisbury Steak - 4oz w/ Gravy Mashed Potatoes - 1/2 cup Steamed Broccoli - 1/2 cup WG Dinner Roll w/ Margarine Raisins - 1/4 cup</p>	<p>13</p> <p>Chicken Salad - 4 oz WG Bread - 2 oz Creamy Coleslaw - 1/2 cup Diced Peaches - 1/2 cup Fresh Apple - 1 ea</p>
<p>16</p> <p>Italian Sausage - 2 oz w/ Marinara Sauce WG Bun - 2 oz Peppers & Onions - 1 cup Fresh Orange - 1 ea</p>	<p>17</p> <p>Roast Chicken & Curry - 3 oz Brown Rice - 1/2 cup Green Peas - 1/2 cup Diced Carrots - 1/2 cup Garlic Bread - 1 oz Fresh Apple - 1 ea</p>	<p>18</p> <p>Cheeseburger - 2 oz beef patty American Cheese - 1 oz WG Bun - 2 oz Ketchup & Mustard packets-1ea Hickory Beans - 1/2 cup Kernel Corn - 1/2 cup Applesauce - 1/2 cup</p>	<p>19</p> <p>Breakfast Muffin (2 oz scrambled egg, 1 oz American cheese on 2 oz English Muffin) Breakfast Potatoes - 1/2 cup Apple Crisp - 1/2 cup Raisins - 1/4 cup</p>	<p>20</p> <p>Beef Burrito - 2oz beef Cheddar Cheese - 1 oz WG Tortilla - 10 inch Black Bean & Tomato Salsa-1/2c Kernel Corn - 1/2 cup Fresh Banana - 1 ea</p>
<p>23</p> <p>Sliced Turkey Breast - 2 oz American Cheese - 1 oz WG Tortilla - 10 inch Mustard Packet - 1 ea Creamy Coleslaw - 1/2 cup Diced Peaches - 1/2 cup Fresh Apple - 1 ea</p>	<p>24</p> <p>Sloppy Joe (beef & sauce)-3 oz WG Bun - 2 oz Tuscan Vegetables - 1/2 cup Green Peas - 1/2 cup Fresh Pear - 1 ea</p>	<p>25</p> <p>Pineapple Ham Steak - 3 oz Cheesy Potatoes - 1/2 cup Tossed Salad w/ Dressing-1 cup WG Dinner Roll w/ Margarine Fresh Orange- 1 ea</p>	<p>26</p> <p>Chicken w/ Marinara - 3 oz Pasta - 1/2 cup Mozzarella - 1 oz WG Breadstick - 1 oz Diced Carrots - 1/2 cup Kernel Corn - 1/2 cup Applesauce - 1/2 cup</p>	<p>27</p> <p>WG Pancakes - 2 oz Turkey Sausage - 3 oz Breakfast Potatoes - 1/2 cup Fresh Melon - 1/2 cup Fresh Orange - 1 ea</p>
<p>30</p> <p>Meatloaf & Gravy - 4 oz Mashed Potatoes - 1/2 cup Green Peas - 1/2 cup WG Dinner Roll w/ Margarine Fresh Orange - 1 ea</p>		<p>Meals produced by Innovation Food Service in Twinsburg</p> <p>Menu Subject to change.</p> <p>All meals served with 8 oz 1% or 2% milk</p>		<p>Menu reviewed by Matt Newman RD, LD</p>