



Monday	Tuesday	Wednesday	Thursday	Friday
2 Meat Lasagna - 3x3" piece Salad w/ Dressing - 1 cup Italian Vegetables - 1/2 cup Breadstick - 2 oz. Applesauce 1/2 cup Milk - 8 oz.	3 Sloppy Joe - 3 oz German Potato Salad - 1/2c Carrots 1/2 cup Wheat Bun - 2 oz Banana - 1 ea Milk - 8 oz	4 Closed 	5 Chicken Breast - 3 oz Diced Potatoes - 1/2 cup Green Beans - 1/2 cup Wheat Bread - 1 slice Diced Pears - 1/2 cup Milk - 8 oz	6 Egg Salad - 3 oz Potato Salad - 1/2 cup 3- Bean Salad - 1/2 cup Wheat Bun - 2 oz Fruit Cup - 1/2 cup Milk - 8 oz
9 Western Omelet - 3 oz Diced Potatoes - 1/2 cup Carrots - 1/2 cup Biscuit - 1 ea 2.5" Apricots - 1/2 cup Milk - 8 oz	10 Hamburger - 3 oz Diced Potato - 1/2 cup Baked Beans - 1/2 cup Wheat Bun - 2 oz Mixed Melon 1/2 cup Milk - 8 oz	11 Chicken - 3 oz Parsley Potatoes - 1/2 cup Lima Beans - 1/2 cup Wheat Bread - 1 slice Dice Peaches - 1/2 cup Milk - 8 oz.	12 Roast Beef 3 oz Noodles-1/2cup Vegetable Medley-1/2cup Dinner Roll-2 oz. Mixed Fruit Cup-1/2cup Milk-8 oz.	13 Chili - 1 cup Diced Tomatoes 1/2 cup Corn 1/2 cup Corn Muffin - 2 oz Jello w/Fruit - 1/2 cup Milk - 8 oz
16 Meatloaf - 3 oz Mashed Potatoes - 1/2 cup Beets - 1/2 cup Dinner Roll - 2 oz Tropical Fruit - 1/2 cup Milk - 8 oz	17 Beef Stew - 1 cup Waxed Beans - 1/2 cup Cucumber Salad - 1/2 cup Biscuit - 1 ea 2.5" Sliced Apples 1/2 cup Milk-8 oz.	18 Cabbage Rolls - 3 oz Mashed Potatoes 1/2 cup Corn - 1/2 cup Wheat Bread - 1 Slice Jello Fluff - 1/2 cup Milk - 8 oz	19 Sausage Gravy - 1 cup Diced Potatoes - 1/2 cup Peas - 1/2 cup Biscuit - 1 ea 2.5" Strawberry 1/2 cup Milk - 8 oz	20 Ham Salad - 3 oz Pasta Salad - 1/2 cup Coleslaw - 1/2 cup Fruit Cup - 1/2 cup Wheat Bun - 2 oz Milk - 8 oz
23 Sweet & Sour Chicken -3 oz. Rice - 1/2 cup Oriental Vegetables - 1/2 cup Dinner Roll - 2 oz Tropical Fruit - 1/2 cup Milk-8 oz.	24 Stuffed Peppers - 2 ea. Mashed Potatoes - 1/2 cup Corn - 1/2 cup Wheat Bread - 1 slice Escaloped Apples - 1/2 cup Milk-8 oz.	25 Pork Chop - 3 oz. Scalloped Potatoes - 1/2 cup Green Beans - 1/2 cup Dinner Roll - 2 oz. Mandarin Oranges - 1/2 cup Milk-8 oz.	26 Cheese Ravioli - 4 oz Salad w/ Dressing - 1 cup Brussels Sprouts - 1/2 cup Pineapple Tidbits - 1/2 cup Breadsticks - 2 oz Milk - 8 oz	27 Swedish Meatballs - 3 oz Egg Noodles - 1/2 cup Carrots - 1/2 cup Wheat Bread - 1 Slice Diced Pears - 1/2 cup Milk - 8 oz
30 Salisbury Steak - 3 oz. Au Gratin Potatoes - 1/2 cup Succotash - 1/2 cup Wheat Bread - 1 slices Mandarin Oranges - 1/2 cup Milk-8 oz.	31 BBQ Riblets 3 oz German Potato Salad- 1/2 c Baked Beans - 1/2 cup Wheat Bread - 1 slice Diced Peaches - 1/2 cup Milk-8 oz.		Food produced by Meals in Motion in Ravenna. Menu subject to change.	 Menu Approved By: Jill Riffle MS, RDN, LD