


Monday	Tuesday	Wednesday	Thursday	Friday
2 Swedish Meatballs - 3 ea Buttered Noodles - 4 oz Green Beans - 4 oz Herb Cauliflower - 4 oz Wheat Bread - 2 slices Fruit Cup - 1/2 cup	3 Cheese Stuffed Shells - 2 ea w/ 3 oz sauce Broccoli - 4 oz Baby Carrots - 4 oz Wheat Bread - 1 slice Fresh Fruit - 1 ea	4 Closed 	5 Chicken Cacciatore - 3 oz w/ 2 oz sauce Herb Pasta - 4 oz Green Peas - 4 oz Buttered Corn - 4 oz Wheat Bread - 2 slices Fruit Cup - 1/2 cup	6 Beef Patty - 3 oz Roasted Potatoes - 1/2 cup Mixed Vegetables - 4 oz WG Bun - 2 oz Fresh Fruit - 1 ea
9 Chicken Piccata - 3 oz w/ 2 oz sauce Scalloped Potatoes - 4 oz Harvard Beets - 1/2 cup Wheat Bread - 2 slices Fruit Cup - 1/2 cup	10 Sweet & Sour Chicken -3/4 c Brown Rice - 1/2 cup Broccoli - 1/2 cup Mixed Vegetable - 4 oz Wheat Bread - 1 slice Fruit Cup - 1/2 cup	11 Beef Patty - 3 oz Roasted Potatoes - 1/2 cup Seasoned Spinach - 4 oz WG Bun - 2 oz Fruit Cup - 1/2 cup	12 BBQ Rib Patty - 3 oz Lima Beans - 1/2 cup Sweet Potatoes - 1/2 cup Wheat Bread - 2 slices Fruit Cup - 1/2 cup	13 Meatloaf - 4 oz slice Mashed Potatoes - 1/2 cup Mixed Vegetables - 4 oz Wheat Bread - 2 slices Fresh Fruit - 1 ea
16 Beef Stuffed Cabbage - 2 ea Mashed Potatoes - 1/2 cup California Blend Veggies-1 oz Wheat Bread - 1 slice Fruit Cup - 1/2 cup	17 Chicken Patty - 3 oz Corn O'Brien - 1/2 cup Seasoned Spinach - 1/2 cup Wheat Bread - 2 slices Fresh Fruit - 1 ea	18 Meatballs Marinara - 3 oz ea Herb Pasta - 4 oz Carrots - 1/2 cup Green Peas - 4 oz Wheat Bread - 1 slice Fresh Fruit - 1 ea	19 Turkey & Gravy - 4 oz slice Brown Rice - 1/2 cup Capri Blend - 4 oz Brussels Sprouts - 4 oz Buttermilk Biscuit - 1 ea Fresh Fruit - 1 ea	20 Vegetable Lasagna - 6 oz California Blend Veggies -4oz Green Beans - 4 oz Wheat Bread - 1 slice Fresh Fruit - 1 ea
23 Polish Sausage - 1 ea Potato Wedges - 4 oz Broccoli - 1/2 cup Hot Dog Bun - 1 ea Buttermilk Biscuit - 1 ea Fresh Fruit - 1 ea	24 Beef Hot Dog w/ Bun - 1 ea Potato Wedges- 4 oz Baked Beans - 4 oz Fruit Cup - 1/2 cup WG Buttermilk Biscuit - 2 oz Ketchup, Mustard, Relish packets - 1 ea	25 Beef Stuffed Pepper - 7 oz Mashed Potatoes - 1/2 cup Buttered Corn - 4 oz Garlic Bread - 1 slice Fruit Cup - 1/2 cup	26 Beef Lasagna - 6 oz piece Mixed Vegetables - 4 oz Buttered Corn - 4 oz Wheat Bread - 2 slices Fruit Cup - 1/2 cup	27 Chicken Pasta Alfredo - 1 c Carrots - 1/2 cup Green Beans - 1/2 cup Fruit Cup - 1/2 cup
30 Beef Hot Dog w/ Bun - 1 ea Potato Wedges- 4 oz Baked Beans - 4 oz Fruit Cup - 1/2 cup WG Buttermilk Biscuit - 2 oz Ketchup, Mustard, Relish packets - 1 ea	31 Salisbury Steak w/ Gravy -3 oz Mashed Potatoes - 1/2 cup Lima Beans - 4 oz Wheat Bread - 2 slices Fruit Cup - 1/2 cup		Food produced by the Greater Cleveland Food Bank All meals served with 8 oz 1% milk	Menu reviewed by Allie McTighe, MS, RD, LD