















Monday	Tuesday	Wednesday	Thursday	Friday
1 <ul style="list-style-type: none"> <li>◆ Lemon pepper chicken w/ brown rice</li> <li>◆ Diced beets</li> <li>◆ Roasted Brussel sprouts</li> <li>◆ Chocolate pudding</li> <li>◆ 1% milk </li> </ul>	2 <ul style="list-style-type: none"> <li>◆ Meatballs w/ marinara and cheese</li> <li>◆ Whole grain hoagie roll</li> <li>◆ Diced potatoes</li> <li>◆ Broccoli</li> <li>◆ Banana </li> <li>◆ 1% milk</li> </ul>	3 <ul style="list-style-type: none"> <li>◆ Garlic tilapia</li> <li>◆ Red, white, &amp; blue posole</li> <li>◆ Calabacitas</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	4 	5 <ul style="list-style-type: none"> <li>◆ Egg salad on whole grain bread</li> <li>◆ Lettuce</li> <li>◆ Carrot sticks</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk </li> </ul>
8 <ul style="list-style-type: none"> <li>◆ Pork chop w/brown rice</li> <li>◆ Rosemary potatoes w/ margarine</li> <li>◆ Corn</li> <li>◆ Pears</li> <li>◆ 1% milk </li> </ul>	9 <ul style="list-style-type: none"> <li>◆ Green chile stew</li> <li>◆ Pinto beans</li> <li>◆ Flour tortilla</li> <li>◆ Baked apples</li> <li>◆ 1% milk </li> </ul>	10 <ul style="list-style-type: none"> <li>◆ Breaded cod w/tartar sauce</li> <li>◆ Buttered noodles</li> <li>◆ Green beans</li> <li>◆ Oranges</li> <li>◆ 1% milk </li> </ul>	11 <ul style="list-style-type: none"> <li>◆ Pasta primavera</li> <li>◆ Sautéed spinach w/ onions</li> <li>◆ Breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	12 <ul style="list-style-type: none"> <li>◆ Chicken parmesan</li> <li>◆ Zucchini w/butter</li> <li>◆ Steamed carrots</li> <li>◆ Jell-O</li> <li>◆ 1% milk </li> </ul>
15 <ul style="list-style-type: none"> <li>◆ Carne adovada</li> <li>◆ Spinach</li> <li>◆ Pinto beans</li> <li>◆ Flour tortilla</li> <li>◆ Grapes</li> <li>◆ 1% milk </li> </ul>	16 <ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour chicken w/stir fry vegetables</li> <li>◆ Broccoli</li> <li>◆ Brown rice</li> <li>◆ Fortune cookie</li> <li>◆ 1% milk </li> </ul>	17 <ul style="list-style-type: none"> <li>◆ Salisbury steak w/ mushroom gravy</li> <li>◆ Mashed potatoes</li> <li>◆ Whole grain dinner roll w/margarine</li> <li>◆ Peach cobbler</li> <li>◆ 1% milk </li> </ul>	18 <ul style="list-style-type: none"> <li>◆ Cheese omelet w/ fajita blend</li> <li>◆ Stewed tomatoes</li> <li>◆ Roasted potatoes</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk </li> </ul>	19 <ul style="list-style-type: none"> <li>◆ BBQ pulled pork</li> <li>◆ Roasted sweet potato</li> <li>◆ Green beans</li> <li>◆ Whole grain dinner roll w/margarine</li> <li>◆ Apples</li> <li>◆ 1% milk </li> </ul>
22 <ul style="list-style-type: none"> <li>◆ Spaghetti w/meat sauce</li> <li>◆ Imperial blend vegetables</li> <li>◆ Broccoli</li> <li>◆ Pears</li> <li>◆ 1% milk </li> </ul>	23 <ul style="list-style-type: none"> <li>◆ Baked salmon w/ lemon and garlic</li> <li>◆ Ancient grain rice</li> <li>◆ Green beans w/ mushrooms</li> <li>◆ Grapes</li> <li>◆ 1% milk </li> </ul>	24 <ul style="list-style-type: none"> <li>◆ Red chile tamales</li> <li>◆ Calabacitas</li> <li>◆ Pinto beans</li> <li>◆ Banana</li> <li>◆ 1% milk </li> </ul>	25 <ul style="list-style-type: none"> <li>◆ Mac &amp; cheese w/ green chile</li> <li>◆ Broccoli</li> <li>◆ Beets</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	26 <ul style="list-style-type: none"> <li>◆ Chicken salad sandwich on whole grain bread</li> <li>◆ Sliced cucumber &amp; carrot sticks</li> <li>◆ Cole slaw</li> <li>◆ Honeydew</li> <li>◆ 1% milk </li> </ul>
29 <ul style="list-style-type: none"> <li>◆ Philly cheesesteak</li> <li>◆ Steamed carrots</li> <li>◆ Whole grain hoagie</li> <li>◆ Warm cinnamon apples</li> <li>◆ 1% milk </li> </ul>	30 <ul style="list-style-type: none"> <li>◆ Green chile chicken enchilada</li> <li>◆ Pinto beans</li> <li>◆ Calabacitas</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk </li> </ul>	31 <ul style="list-style-type: none"> <li>◆ Meatloaf w/tomato gravy</li> <li>◆ Garlic roasted potatoes</li> <li>◆ Succotash</li> <li>◆ Whole grain dinner roll</li> <li>◆ Fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>	1 <ul style="list-style-type: none"> <li>◆ Spaghetti w/ marinara sauce</li> <li>◆ Broccoli w/red peppers</li> <li>◆ Roasted vegetables</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	2 <ul style="list-style-type: none"> <li>◆ Salmon w/pineapple over brown rice pilaf</li> <li>◆ Brussel sprouts</li> <li>◆ Diced beets</li> <li>◆ Honeydew melon</li> <li>◆ 1% milk </li> </ul>