

Menu

|      | Monday                                                                                                            | Tuesday                                                                                                         | Wednesday                                                                                     | Thursday                                                                                                    | Friday                                                                                                                         |
|------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|      |                                                                                                                   |                                                                                                                 | 1                                                                                             | 2                                                                                                           | 3                                                                                                                              |
| HOT  | Beverage choices are 1% milk<br>or non-dairy milk                                                                 |                                                                                                                 | Butter Chicken<br>Brown Rice<br>Roasted Zucchini<br>Whole Grain Pita Bread<br>Banana          | Swedish Meatballs<br>Mashed Potatoes<br>Spinach<br>Whole Grain Roll with Butter<br>Fresh Orange             | CENTER<br>CLOSED                                                                                                               |
| COLD |                                                                                                                   |                                                                                                                 | Turkey Sandwich<br>Whole Grain Bun<br>Lentil Salad<br>Apple Sauce<br><br>Vegan: Tofu Sandwich | Chicken Ranch Wrap<br>Whole Grain Flour Tortilla<br>White Bean Salad<br>Fruit Cup<br><br>Vegan: Tofu Wrap   |                                                                                                                                |
|      | 6                                                                                                                 | 7                                                                                                               | 8                                                                                             | 9                                                                                                           | 10                                                                                                                             |
| HOT  | Beef Meatball Sub<br>Provolone Cheese<br>Green Beans<br>Whole Grain Sub Roll<br>Applesauce                        | Blackened Flounder<br>Parmesan Risotto<br>Sauteed Spinach Whole Grain<br>Cornbread with Butter<br>Fresh Banana  | CENTER<br>CLOSED                                                                              | Turkey Burger<br>Cheese, Ketchup, and Mustard<br>Roasted Veggies<br>Whole Grain Burger Bun<br>Fresh Apple   | Chicken with BBQ Sauce<br>Mac and Cheese<br>Baked Beans<br>Green Beans<br>Whole Grain Cornbread with<br>Butter<br>Applesauce   |
| COLD | Creamy Chicken and Corn<br>Veggie Pasta Salad<br>Cowboy Bean Salad<br>Fresh Orange<br><br>Vegan: Creamy Corn Tofu | Italian Turkey and Swiss<br>Whole Grain Bun<br>Mayo Coleslaw<br>Fresh Apple<br><br>Vegan: Italian Tofu Sandwich |                                                                                               | Curried Egg Salad<br>Whole Grain Pita Bread<br>Carrot Salad<br>Fresh Orange<br><br>Vegan: Curried Egg Salad | Turkey Cheese Wrap<br>Whole rain Flour Tortilla<br>with Mayo<br>White Bean Salad<br>Fresh Banana<br><br>Vegan Tofu Cheese Wrap |

|      | Monday                                                                                                                         | Tuesday                                                                                                                            | Wednesday                                                                                                                | Thursday                                                                                                              | Friday                                                                                                                |
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|      | 13                                                                                                                             | 14                                                                                                                                 | 15                                                                                                                       | 16                                                                                                                    | 17                                                                                                                    |
| HOT  | Turkey Tetrazzini<br>Whole Grain Pasta with Parmesan<br>Peas, Carrots, Zucchini<br>Whole Grain Roll and Butter<br>Fresh Orange | Chicken with Feta and Tzatziki<br>Lemon Rice<br>Roasted Veggies<br>Whole Grain Pita Bread<br>Applesauce                            | Teriyaki Beef Meatballs<br>Brown Rice<br>Stir Fry Veggies with Peas<br>Whole Grain Roll with Butter<br>Fresh Banana      | Chicken with Mushroom Sauce<br>Mashed Potatoes<br>Green Beans<br>Whole Grain Roll with Butter<br>Fresh Apple          | Shrimp and White Beans<br>Whole Grain Pasta<br>Sauteed Spinach<br>Whole Grain Cornbread with Butter<br>Fresh Banana   |
| COLD | Chicken Salad Sandwich<br>Whole Grain Croissant<br>Lentil Salad<br>Fresh Apple<br><br>Vegan: Chickpea Salad<br>Croissant       | Turkey Bologna Sandwich<br>Whole Grain Bun and Dijon<br>Vinegar Coleslaw<br>Fresh Banana<br><br>Vegan: Tofu and Cheese<br>Sandwich | Thousand Island Chicken<br>Whole Grain Flour Tortilla<br>Carrot Salaad<br>Fresh Apple<br><br>Vegan: Thousand Island Tofu | Pickle Egg Pasta Salad<br>Whole Grain Pasta<br>Garden Salad<br>Fruit Cup<br><br>Vegan: Pickle Egg Pasta Salad         | Italian Turkey Sandwich<br>Whole Grain Bun<br>White Beans Salad<br>Fresh Apple<br><br>Vegan: Italian Tofu<br>Sandwich |
|      | 20                                                                                                                             | 21                                                                                                                                 | 22                                                                                                                       | 23                                                                                                                    | 24                                                                                                                    |
| HOT  | Beef Ravioli with Parmesan<br>Marinara Sauce<br>Green Beans<br>Whole Grain Roll with Butter<br>Fresh Apple                     | Chicken with Sour Cream<br>Rice and Beans<br>Peppers and Onions<br>Whole Grain Flour Tortillas<br>Fresh Orange                     | Garlic Butter Flounder<br>Mashed Potatoes<br>Sauteed Spinach<br>Whole Grain Roll and Butter<br>Fresh Banana              | Creamy Tuscan Chicken<br>Whole Grain Pasta with Parmesan<br>Green Beans<br>Whole Grain Roll with Butter<br>Applesauce | Turkey and Bean Chili<br>Brown Rice<br>Sauteed Spinach<br>Whole Grain Cornbread with Butter<br>Fresh Orange           |
| COLD | RANCH Chicken Salad<br>Whole Grain Bun<br>White Bean Salad<br>Fruit Cup<br><br>Vegan: Ranch Tofu Wrap                          | Honey Mustard Turkey Wrap<br>Whole Grain Flour Tortilla<br>Garden Salad<br>Fresh Banana<br><br>Vegan: Honey Mustard Tofu<br>Wrap   | Grilled Chicken<br>Cranberry Quinoa<br>Carrot Salad<br>Applesauce<br><br>Vegan: Chickpea Quinoa Salad                    | Turkey Cheese Sandwich<br>Whole Grain Bun with Mayo<br>Cowboy Bean Salad<br>Fresh Orange<br><br>Vegan: Tofu Sandwich  | Tuna Pasta Salad<br>Whole Grain Pasta<br>Garden Salad<br>Fresh Apple<br><br>Vegan: Chickpea Pasta Salad               |

|      | Monday                                                                                                            | Tuesday                                                                                                           | Wednesday        | Thursday                                                                                                                                   | Friday                                                                                                                          |
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|      | 27                                                                                                                | 28                                                                                                                | 29               | 30                                                                                                                                         | 31                                                                                                                              |
| HOT  | Ground Beef Tacos<br>Rice and Beans<br>Pepper and Onions<br>Whole Grain Flour Tortillas<br>Fresh Apple            | Grilled Chicken<br>Whole Grain Mushroom<br>Risotto<br>Green Beans<br>Whole Grain Roll with Butter<br>Fresh Banana | CENTER<br>CLOSED | Salmon Patty with Tartar<br>Veggie Rice Pilaf<br>Sauteed Spinach<br>Whole Grain Cornbread with<br>Butter<br>Fruit Cup                      | Grilled Chicken with Thai<br>Chili<br>Fried Rice<br>Stir Fry Veggies with Peas<br>Whole Grain Roll with<br>Butter<br>Applesauce |
| COLD | Greek Chicken Pasta Salad<br>Whole Grain Pasta<br>Garden Salad<br>Fresh Orange<br><br>Vegan: Greek Chickpea Salad | Egg Salad Sandwich<br>Whole Grain Croissant<br>White Bean Salad<br>Fresh Apple<br><br>Vegan: Egg Salad Sandwich   |                  | Cranberry Pecan Chicken<br>Salad<br>Whole Grain Pita Bread<br>Garden Salad<br>Fresh Banana<br><br>Vegan: Cranberry Pecan<br>Chickpea Salad | Dijon Turkey Cheese Wrap<br>Whole Grain Flour Tortilla<br>Mayo Coleslaw<br>Fruit Cup<br><br>Vegan: Dijon Tofu Cheese<br>Wrap    |

Salad Menu

| Monday                                                                                                                                                     | Tuesday                                                                                                                        | Wednesday                                                                                                                                           | Thursday                                                                                                                       | Friday                                                                                                                                                     |
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| Grilled Diced Chicken<br>Lettuce Blend and Italian<br>Dressing<br>Cheese and Hard-Boiled<br>Egg<br>Tomato and Cucumber<br>Whole Grain Dinner Roll<br>Fruit | Diced Turkey<br>Lettuce Blend and Light<br>Ranch<br>Cheese and Hard-Boiled<br>Egg<br>Tomato and Cucumber<br>Cornbread<br>Fruit | Sliced Chicken<br>Lettuce Blend and Italian<br>Dressing<br>Cheese and Hard-Boiled<br>Egg<br>Tomato and Cucumber<br>Whole Grain Dinner Roll<br>Fruit | Diced Turkey<br>Lettuce Blend and Light<br>Ranch<br>Cheese and Hard-Boiled<br>Egg<br>Tomato and Cucumber<br>Cornbread<br>Fruit | Grilled Diced Chicken<br>Lettuce Blend and Italian<br>Dressing<br>Cheese and Hard-Boiled<br>Egg<br>Tomato and Cucumber<br>Whole Grain Dinner Roll<br>Fruit |