




Mon	Tue	Wed	Thu	Fri
1 Vegetable Beef Soup, Peanut Butter Sandwich, Broccoli, Oranges, 2% Milk	2 Cheese Lasagna Roll Up w/Marinara, Salad w lettuce, tomato, onion, Garlic Bread- stick, Pineapples, 2% M	3 Hot Dog with Chili, Cole Slaw, Onions, Baked Beans, Tator tots, Fruit Cocktail, 2% Milk	4 Chicken Sandwich on WW Bun, sweet potato fries, Pears, Carrots, 2% milk	5 Great Northern Beans, onions, Cornbread, hash- brown, Applesauce, Mixed Greens, 2% Milk
8 Scrambled Eggs, Hash Brown, Biscuit, Sausage Gravy, Cinnamon Apples, stewed tomatoes, Milk	9 Taco Salad / Chips, Meat, Lettuce, Cheese, Toma- toes, Onions, corn Pine- apples, 2 % Milk	10 Chicken Noodle Soup WW Bread/Peanut Butter, Corn, Peas, Pears, 2% Milk	11 Baked Fish, Broccoli, Carrots, Oranges, WW roll, Pudding 2% Milk	12 Pinto Beans with onions, Cornbread, Potatoes, Mixed Greens, Ap- plesauce, 2% Mil
15 Chicken Tenders, sweet potato fries, Broccoli, oranges, WW Bread, 2% milk	16 Spaghetti, Meatballs, Garden Salad, Garlic Breadstick, Applesauce, 2% Milk	17 FESTIVE MEAL <i>Baked Chicken with Gravy</i> Potatoes, Green Beans, WW Roll, fruit cocktail, cake, 2% Milk	18 Great Northern Beans, onions, Cornbread, hash- brown, pears, Mixed Greens, 2% Milk	19  Closed for WV Day
22 Fish Sticks, green beans, Corn, Oranges, WW roll, Pudding 2% Milk	23 Pork BBQ Sandwich, Baked Beans, Cole slaw, Sweet Potato Fries, Pears, Cookie, 2% milk	24 Chicken Alfredo, Broccoli, Garden Salad with lettuce, tomato, Garlic Breadstick, fruit cocktail, 2% Milk	25 Cheeseburgers w/ Lettuce, Tomato, onion, Pickles, Tater rounds, Green Beans, Pineapples, 2% Milk	26 Navy Beans, Hashbrown, Cornbread , Applesauce, Sauer Kraut, Onions, 2% Milk
29 Smoked Sausage with Sour Kraut, Fruit Cock- tail, Green Beans, WW Roll , 2% Milk	30 Boneless Chicken Wings, Corn, Cauliflower, Peach- es, WW Bread, 2% Milk	All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <u>The Nutrition Program reserves the right to change menus.</u>		