




Mon	Tue	Wed	Thu	Fri
<p>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</u></p>				
<p>4 Vegetable Beef Soup, Peanut Butter Sandwich, Broccoli, Oranges, 2% Milk</p>	<p>5 Cheese Lasagna Roll Up w/ Marinara, Salad w lettuce, tomato, onion, Garlic Breadstick, Pineapples, 2% Milk</p>	<p>6 Hot Dog with Chili, Cole Slaw, Onions, Baked Beans, Tator tots, Fruit Cocktail, 2% Milk</p>	<p>7 Chicken Sandwich on WW Bun, sweet potato fries, Pears, Carrots, 2% milk</p>	<p>8 Pinto Beans with onions, Cornbread, Potatoes, Mixed Greens, Applesauce, 2% Milk</p>
<p>11 Scrambled Eggs, Hash Brown, Biscuit, Sausage Gravy, Cinnamon Apples, stewed tomatoes, Milk</p>	<p>12 Taco Salad / Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, corn Pineapples, 2 % Milk</p>	<p>13 14 Chicken Noodle Soup WW Bread/Peanut Butter, Carrots, Peas, Pears, 2% Milk</p>	<p>14 Baked Fish, Broccoli, Carrots, Oranges, WW roll, Pudding 2% Milk</p>	<p>15 Navy Beans Hashbrown, Cornbread , Applesauce, Boiled Cabbage, Onions,2% Milk</p>
<p>18 Chicken Tenders, sweet potato fries, Broccoli, oranges, WW Bread, 2% milk</p>	<p>19 Spaghetti, Meatballs, Garden Salad, Garlic Breadstick, Applesauce, 2% Milk</p>	<p>20 Great Northern Beans, onions, Cornbread, hash-brown, pears, Mixed Greens, 2% Milk</p>	<p>21 FESTIVE MEAL Meatloaf Potatoes, Green Beans, WW Roll, fruit cocktail, cake, 2% Milk</p>	<p>22 Cheeseburgers w/ Lettuce, Tomato, onion, Pickles, Tater rounds, Green Beans, Pineapples, 2% Milk</p>
<p>25 CENTER CLOSED </p>	<p>26 Fish Sticks, green beans, Corn, Oranges, WW roll, Pudding 2% Milk</p>	<p>27 Chicken Alfredo, Broccoli , Garden Salad with lettuce, tomato, Garlic Breadstick, fruit cocktail, 2% Milk</p>	<p>28 Pork BBQ Sandwich, Baked Beans, Cole slaw, Sweet Potato Fries, Pears, Cookie, 2% milk</p>	<p>29 Chili w/ Meat and Beans, Carrots, corn, grilled cheese sandwich, Peaches, 2% milk</p>

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