



Monday	Tuesday	Wednesday	Thursday	Friday
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. The Nutrition Program reserves the right to change menus.			1 Boneless Chicken Wings, Corn, Cauliflower, Peaches, WW Bread, 2% Milk	2 Great Northern Beans, Hashbrown, Cornbread , Pears, Boiled Cabbage, Onions, 2% Milk
5 Vegetable Beef Soup, Peanut Butter Sandwich, Green Beans, Pears, 2% Milk	6 Chicken Alfredo, peas, Broccoli, Garlic Bread, Peaches, 2% Milk	7 Pinto Beans Cornbread, Parsley Potatoes, Mixed Greens, Applesauce, 2% Milk	8 Cheeseburgers w/ Lettuce, Tomato, onion, Pickles, Tater rounds, Carrots, Fruit Cocktail, 2% Milk	9 Fish Sticks, corn, potato wedges, Oranges, WW roll, Pudding, 2% Milk
12 Center's Closed for 	13 Smoked Sausage with Sour Kraut, Fruit Cocktail, Peas, WW Roll , 2% Milk	14 Chicken Tenders, sweet potato fries, Oranges, green beans, WW Bread, 2% milk	15 Taco Salad / Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, corn Pineapples, 2 % Milk	16 Great Northern Beans, Cornbread, Spinach, carrots, Cinnamon Apples, Onions, 2% milk
19 Scrambled Eggs, Hash Brown, Sausage Gravy, Biscuit, applesauce, stewed tomatoes 2% Milk	20 Hot Dog with Chili, Cole Slaw, Onions, Sweet potato fries, Baked Beans, Fruit Cocktail, 2% Milk	21 Potato Soup, Ham And Cheese Sandwich, oranges, peas, 2% Milk	22 Navy Beans, onions, Cornbread, hashbrown, pears, Mixed Greens, 2% Milk	23 FESTIVE MEAL Baked Chicken and Gravy , Mashed Potatoes, Carrots, WW Roll, cake, peaches 2% Milk
26 Broccoli and Cheese Soup, Ham and cheese Sandwich,, Fruit Cocktail, 2% Milk	27 Pork BBQ Sandwich baked beans, Cole slaw, sweet potato fries, Pears, 2% milk	28 Baked Fish, potato tots, Carrots, Oranges, WW bread, Pudding , 2% Milk	29 Cheese Lasagna Roll Up w/Marinara, Salad with lettuce, tomato, onion, Garlic Toast, Pineapples, 2% Milk	30 Pinto Beans Cornbread, Hashbrown, Mixed Greens, Applesauce, 2% Milk