

Sample Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Homemade Spaghettios Cream Corn Fresh Orange Mand oranges/I&T WW Bread stick	2 Baked Chicken Breast Scandanavian Vegetables Baked Beans Banana	3 Sloppy Joes WG Bun Cut Green Beans Pineapple Bits	
5	6 Burger on WG Bun Fresh Carrots & Ranch Cooked Carrots for I-T Applesauce	7 Taco Casserole Mexicorn/Cr Corn I&T Fresh Fruit WG tortilla	8 Chicken Alfredo California Blend Banana WG bread & butter	9 Beefy Macaroni Green Beans Fresh Fruit WG bread & butter	10 BBQ Meatball Brown Rice Corn niblets Golden Peaches	11
12	13 WG Chicken Corn Dog Hamburger/ Inf Whole grain bun/Inf Fresh Fruit Diced Carrots	14 Beef Stroganoff Mixed Veggies Mandarin Oranges WG bread & butter	15 WG Beef & Bean Burrito Sweet Peas Banana	16 Cowboy Casserole Fresh Cucumbers Mixed Fruit WG bread & butter	17 Teriyaki Chicken Buttered WG noodles Winter Blend Apple/Applesauce I-T	18
19	20 Fish Patty on WG Bun Fresh Broccoli Cinnamon Apples	21 Pizza Casserole WG Pasta Fresh Cauliflower Cooked cauliflower I-T Mixed Fruit	22 Grilled Chicken Lettuce & Ranch WG crackers Mandarin Oranges	23 Tator Tot hotdish Peas Banana WG bread & butter	24 Ham Mac & Cheese Green Beans Fresh Pears	25
26	27 BBQ Shredded Chicken WG Bun Fresh Cauliflower & Brocc Mandarin Oranges	28 Turkey Franks & Beans Cornbread Muffin Diced Pears	29 Salisbury Steak Boiled Potatoes Fresh Fruit	30 BBQ Rib Patty Sweet Mashed Potatoes Corn Niblets Golden Peaches	31 Cheese Pizza Lettuce & Ranch Fresh Apple sliced sprinkled with cinnamon sugar	Notes: All bread, pasta, & rice is whole grain.