

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Whole Wheat French Toast Breakfast Meat of Choice Seasonal Fruit Whole Grain Hot or Cold Cereal Choice of Juice Milk Coffee / Tea / Decaf	Scrambled Eggs with Cream Cheese Whole Wheat Toast Seasonal Fruit Whole Grain Hot or Cold Cereal Choice of Juice Milk Coffee / Tea / Decaf	Banana Whole Wheat Pancakes Breakfast Meat of Choice Seasonal Fruit Whole Grain Hot or Cold Cereal Choice of Juice Milk Coffee / Tea / Decaf	Breakfast Quesadilla Seasonal Fruit Whole Grain Hot or Cold Cereal Choice of Juice Milk Coffee / Tea / Decaf	Western Omelet Whole Wheat Toast Seasonal Fruit Whole Grain Hot or Cold Cereal Choice of Juice Milk Coffee / Tea / Decaf	Belgian Waffle with Strawberry Topping Breakfast Meat of Choice Seasonal Fruit Whole Grain Hot or Cold Cereal Choice of Juice Milk Coffee / Tea / Decaf	Choice of Egg Whole Wheat Toast Hash Browns Au Gratin Seasonal Fruit Whole Grain Hot or Cold Cereal Choice of Juice Milk Coffee / Tea / Decaf
Lunch	Roast Beef Au Jus Creamy Potato Casserole Broccoli Spears Whole Grain Bread or Roll & Butter or Margarine <i>Fettuccine Alfredo</i> <i>Broccoli Spears</i> <i>Whole Grain Dinner Roll & Butter or Margarine</i>	Herb and Honey Glazed Chicken Mashed Potatoes Peas and Carrots Whole Grain Bread or Roll & Butter or Margarine <i>Homestyle Meat Loaf</i> <i>Mashed Potatoes</i> <i>Peas and Carrots</i> <i>Whole Grain Bread or Roll & Butter or Margarine</i>	Brown Sugar Baked Ham Cornbread Dressing Green Bean Casserole Whole Grain Bread or Roll & Butter or Margarine <i>Turkey and Dressing Casserole</i> <i>Green Beans Almondine</i> <i>Whole Grain Bread or Roll & Butter or Margarine</i>	Ravioli Bake Roasted Fresh Cauliflower Whole Grain Bread or Roll & Butter or Margarine **CHEFS SPECIAL MEAL**	Braised Beef Tips Brown Rice Pilaf Zucchini and Yellow Squash Whole Grain Bread or Roll & Butter or Margarine <i>Garlic Roasted Chicken</i> <i>Brown Rice Pilaf</i> <i>Zucchini and Yellow Squash</i> <i>Whole Grain Bread or Roll & Butter or Margarine</i>	Walnut and Panko Crispy Fish Fillet Red Bliss Potatoes Parslied Baby Carrots Whole Grain Bread or Roll & Butter or Margarine <i>Pot Roast</i> <i>Red Bliss Potatoes</i> <i>Parslied Baby Carrots</i> <i>Whole Grain Bread or Roll & Butter or Margarine</i>	Citrus Turkey Breast Fresh Sweet Potato Bake Seasoned Fresh Brussels Sprouts Whole Grain Bread or Roll & Butter or Margarine <i>Seafood Newburg</i> <i>Seasoned Fresh Brussels Sprouts</i>
	Chocolate Cream Pie Choice of Beverage	Pistachio Pudding Cake Choice of Beverage	Cherry Cobbler Choice of Beverage	Vanilla Butter Cake Choice of Beverage	Lemon Pudding with Whip Topping Choice of Beverage	Tropical Fruit Salad Choice of Beverage	Blueberry Streusel Cake Choice of Beverage
Dinner	Fillet of Fish with Lemon Butter Wild Rice Blend Sautéed Red Cabbage Whole Grain Bread or Roll & Butter or Margarine <i>Oven Fried Chicken and Slaw Sandwich on a Whole Wheat Bun</i> <i>Baked Tater Tots</i>	Vegetable Pizza Tossed Salad with Dressing <i>Turkey Kielbasa with Mustard</i> <i>Roasted Potato Salad</i> <i>Seasoned Mixed Greens</i> <i>Whole Grain Bread or Roll & Butter or Margarine</i>	Asian Beef with Broccoli Fried Rice Mini Egg Rolls <i>Duo Salad Plate</i> <i>Chicken Vegetable Soup</i> <i>Pasta Salad with Vegetables</i> <i>Whole Grain Bread or Roll & Butter or Margarine</i>	Chicken Tenders Dipping Sauce Baked Steak Fries Creamy Cucumber Salad <i>Beef Chili</i> <i>Baked Steak Fries</i> <i>Cornbread & Butter or Margarine</i>	Pork Cutlet with Mushroom Sauce Country Potatoes Savory Peas Whole Grain Bread or Roll & Butter or Margarine <i>Grilled Swiss and Tomato Sandwich</i> <i>Roasted Red Pepper Soup</i> <i>Green Pea and Red Onion Salad</i>	Tortilla Casserole with Black Beans Mexican Flag Garnish Plate Street Corn <i>Beet, Apple and Chicken Salad over Romaine</i> <i>Cream of Broccoli Soup</i> <i>Whole Grain Bread or Roll & Butter or Margarine</i>	Whole Grain Spaghetti with Meat Sauce Mixed Salad Greens with Dressing Garlic Bread <i>Ham and Cheese Sandwich</i> <i>Winter Lentil Soup</i> <i>Mixed Salad Greens with Dressing</i>
	Bread Pudding with Rum Sauce Milk Coffee / Tea / Decaf	Toffee Bar Milk Coffee / Tea / Decaf	Custard Milk Coffee / Tea / Decaf	Apple Brown Betty Milk Coffee / Tea / Decaf	Soft Cranberry Cookie Milk Coffee / Tea / Decaf	Frosted Peanut Butter Cake Milk Coffee / Tea / Decaf	Cappuccino Mousse Milk Coffee / Tea / Decaf
HS Snack	Snack of Choice Juice	Snack of Choice Juice	Snack of Choice Juice	Snack of Choice Juice	Snack of Choice Juice	Snack of Choice Juice	Snack of Choice Juice