



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken Baked Potato Baked Beans Whole Wheat Bread Pears	3 Hamburger Beef Stroganoff Diced Carrots Stewed Apples Whole Wheat Roll Cookie	4 Friendship Day Meatloaf/Gravy Whipped Potatoes Green Beans w/peppers Wheat Roll Fruit Crisp 	5 Chicken Alfredo Mixed Vegetables Bread Stick Jello Fruit Cup	6 Deli Ham Potato Salad Carrot Salad Bun Pudding 
9 Sloppy Joe Scalloped Potatoes Peas Wheat Bun Peach Slices	10 Spanish Rice Casserole Broccoli/Cauliflower Tortilla Ambrosia Salad	11 Country Fried Steak/Gravy Whipped Potatoes Green Beans Wheat Roll Cookie	12 BBQ Riblet Macaroni/Cheese Zucchini/Tomatoes Hoagie Bun Applesauce	13 Pork Cutlet/Gravy Baby Bakers Sliced Carrots Dinner Roll Strawberry Cup
16 Beef Hotdog Au Gratin Potatoes Green Beans w/peppers Bun Mandarin Oranges	17 Hamburger w/Cheese Potato Wedges Baked Beans Wheat Bun Pineapple Slices	18 Birthday Day Chicken Fried Chicken Whipped Potatoes/ Gravy Buttered Corn Wheat Roll Cake Ice Cream 	19 Smothered Pork Cutlet Stuffing Scalloped Tomatoes Dinner Roll Tropical Fruit	20 Chicken Salad Macaroni Salad Cottage Cheese/Fruit Wheat Bread Cookie 
23 Goulash Harvard Beets Peas and Onions Wheat Bread Fruit Cocktail	24 Smothered Steak/Gravy Whipped Potatoes California Blend Wheat Roll Pudding	25 Spaghetti/Meat Sauce Italian Green Beans Garlic Bread Pears	26 Biscuit and Gravy Sausage Link Fruit Juice Fruit Medley	27 BBQ Pulled Pork Macaroni/Cheese Mixed Vegetables Wheat Bun Brownie 
30 Lasagna Roll w/Sauce Peas Whole Wheat Bread Pears	Frozen Meal Heating: 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on high---Stop and Stir foods after each minute NOTE: Some foods may heat faster than others--may have to remove foods as they heat NOTE: Frozen meals may be different than menu NOTE: Meals can be heated in an oven or warmer Frozen Meals Heat Best when they are thawed			