



RD recommends to provide nutrition education on vitamin D due to current menu cycle does not meet > 1/3 RDI on Vit. D.
 Written Vitamin D material will be distributed to meal site clients.



*Rich in Vitamin A, +Rich in Vitamin C / All meals come with 8 oz. carton of 1% milk.

| | MON | TUE | WED | THU | FRI | SAT (ITB ONLY) |
|-----------|--|-------------------------------|---------------------------|--------------------------------------|---------------------------------|-----------------------------------|
| | Chef's Special | Latin Inspired | Soul Food | Asian Inspired | Seafood | Lunch Served 12: 30p-1:30p |
| | | | 1 | 2 | 3 | 4 |
| MEAT | | | Beef Stew | Chicken Fried Rice | Baked Fish | Turkey Ham |
| VEG | | | Asparagus* | Stirfry Veg (Broccoli) | Yam +* | Lettuce/Tomatoe |
| VEG | | | Boiled Potatoes | Green Salad w/ tomato | Green Beans | Potatoe Salad |
| FRUIT | | | Fresh Fruit (Mandarins+) | Fruit Cup (Fruit Cocktail) | Fresh Fruit (Apple) | Fruit Cup-Pineapple |
| BREAD | | | Cornbread | Rice | Wheat Roll | Wheat Roll |
| Brown Bag | ITB (94132 & 94127), Kapuso (94112), 12p-3pm | | | ITB & Kapuso, (ALL ZIPCODES), 3p-5p | | |
| | 7 | 8 | 9 | 10 | 11 | 12 |
| MEAT | Grilled Chicken | Turkey Tacos | Spaghetti & Meat Sauce | Sliced Beef | Blackened Basa | Tuna Salad |
| VEG | Spinach+ | Black Beans | Mustard Green+ | Asian Mix | Blackeyed Peas | Lettuce/Tomatoe |
| VEG | Coleslaw+* | Green Salad (red cab+, car+) | Marinated Vegetable Salad | Cucumber & Tomatoe Salad | Collard Greens+* | Cucumber Salad |
| FRUIT | Fresh Fruit (Apple) | Citrus Fruit+ | Fresh Fruit (Pear) | Orange+ | Fresh Fruit (Banana) | Apple |
| BREAD | Brown Rice | Spanishs Rice | Cornbread | Noodles | Brown Rice | Crackers |
| Brown Bag | ITB (94132 & 94127), Kapuso (94112), 12p-3pm | | | ITB & Kapuso, (ALL ZIPCODES), 3p-5p | | |
| | 14 | 15 | 16 | 17 | 18 | 19 |
| MEAT | Oven Fried Chicken | Sliced Beef | Turkey Wings | Broccoli Beef | Shrimp Scampi | Roasted Chicken |
| VEG | Peas+ & Carrots+ | Zuchini | Cabbage | (Broccol)+* | Mushrooms | Lettuce/Tomatoe |
| VEG | Green salad | (Cab+, onion, rad, cil) | Collard Greens | Garden Salad | Asparagus* | Macaroni Salad |
| FRUIT | Fresh Fruit (orange+) | Fruit Cup (Citrus+) | Fresh Fruit (Banana) | Apple | Fresh Fruit (Mandarin Oranges+) | Fruit Cup (Fruit Cocktail) |
| BREAD | Cornbread | Spanish Rich | Brown Rice | Brown Rice | Whole Wheat Linguini | Wheat Wrap |
| Brown Bag | ITB (94132 & 94127), Kapuso (94112), 12p-3pm | | | ITB & Kapuso, (ALL ZIPCODES), 3p-5p | | |
| | 21 | 22 | 23 | 24 | 25 | 26 |
| MEAT | Sliced Beef | Chicken Chili | Beef Link | Teryaki Chicken | Fried Basa | Baked Turkey Sandwich |
| VEG | Yams | Cauliflowere & Peppers | Okra, Corn, Tomatoe | Mixed Vegetables | Cabbage+ & Carrots+ | Lettuce/Tomatoe |
| VEG | Green Salad w/ Fruit | Black Beans | Black Eyed Peas | Bok Chy +* | Red Potatoes | Greek Salad |
| FRUIT | Fresh Apple | Fruit Cup (Pineapple Chunks+) | Fresh Fruit (Banana) | Fruit Cup (citrus) | Fresh Fruit (Pears) | Fruit Cup (Tropical) |
| BREAD | Cornbread | Brown Rice | Cornbread or Biscuit | Brown Rice | Whole Wheat Roll | Whole Wheat Bread |
| Brown Bag | ITB (94132 & 94127), Kapuso (94112), 12p-3pm | | | ITB & Kapuso, (ALL ZIPCODES), 3p-5p | | |
| | 28 | 29 | 30 | 31 | | |
| MEAT | MEMORIAL HOLIDAY | Chicken Tamale Pie | Turkey Meatloaf | Pepper Steak | Tuna Casserole | Roast Beef Sandwich |
| VEG | CENTER CLOSED | Black Beans | Collard Greens+* | Bok Choy+* | Green Beans & Carrots* | Lettuce/Tomatoe |
| VEG | NO ACTIVITIES/NO MEALS | Peppers & Onions | Blackeyed Peas | Yellow Squash | Garden Salad | Cole Slaw |
| FRUIT | | Fruit Cup (Pineapple Chunks+) | Fresh Fruit (Apple) | Fruit cup (Tropical) | Fresh Fruit-Citrus+ | Pears |
| BREAD | | (Masa) | Brown/White Rice | Brown Rice | Whole Wheat Pasta | Whole Wheat Bread |
| Brown Bag | ITB (94132 & 94127), Kapuso (94112), 12p-3pm | | | ITB & Kapuso, (ALL ZIPCODES), 3p-5p | | |