

		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		CHEF SALAD & VEGGIE SALAD OFFERED EVERYDAY				1
						Yangs Orange Chicken w/ WG Rice/ Vegan Chicken
						Cobb Salad w/WG Corn Muffin
Hot Regular / Veggie		4	5	6	7	8
Cold Regular						
		Chicken Spaghetti/ Vegan Nuggets Chicken Spaghetti	Stuffed Pepper (ground beef, WG Rice, 1 whole pepper)/ Soy Protein in Pepper	Hawaiian Chicken Coconut Rice & WG Pita/ Vegan Nuggets & Coconut Rice	Swedish Meatballs (beef) & Egg Noodles/ Veggies Meatballs	Baked Cajun Fish/ Meatless Fish Patty
Cold Regular		Taco Salad w/ Southwest Ranch	Greek Salad w/ Chicken Strips	Tuna Salad & WG Bun	Yogurt, String Cheese, WG English Muffin	Spinach Strawberry Feta Salad
		11	12	13	14	15
Hot Regular / Veggie						
Cold Regular		Chicken & Waffles (WG waffle, chicken)	Spaghetti & Meat Sauce/ Spaghetti w/	Oven Fried Chicken Legs/ Vegan Nuggets	Grilled Pollock & WG Bun/ Vegan Fish	3 oz. Hamburger Patty w/ Lettuce, Tomato, Onion/ Veggie Burger w/Lettuce, Tomato, & Ontion
		Tropical Bean Salad	Asian Chop Salad w/ Chicken	Beef Teriyaki Wrap-WG	Egg Salad & WG Roll	Pesto Pasta Salad (tomatoes), grains, & chicken
		18	19	20	21	22
Hot Regular / Veggie						
Cold Regular		Chicken Tikka Masala/ Chickpea Marsala	Meatloaf w/Gravy/ Vegan Beef Strips	Chicken Spinach Alfredo Bake/ Chix Strips	Vegetarian Lagna & Garlic Bread/ Same	Oven Roasted Haddock/ Vegan Fish Patty
		Chef Salad w/WG Corn Muffin w/butter	Pasta Salad w/WW Roll & butter	Turkey Mayo & Roll	Mild Buffalo Ranch Chicken Salad	Cottage Cheese, String Cheese, WG English Muffin
		25	26	27	28	29
Hot Regular / Veggie						
Cold Regular		Chinese Style Vegetables w/ Teriyaki Salmon/ Teriyaki Tofu	Oven Fried Chicken Legs/ Chicks Strips	Cheesy Italian Rice & Meatball/ Added beans, soy meatballs	Chicken in Orange Sauce/ Veggie Chix Stips in Orange Sauce	Macaroni & Cheese/ Same
		Cranberry Chicken Salad & WG Crackers	Powerhouse Wrap (Black Beans, WW Tortilla)	Tuna Salad Sandwich w/slices of WG Bread	Turkey, Cheese, & WW Bread	Grilled Chicken Mayo & WW Bun