



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
HOT LUNCH				1		2		3		
				Tuna Noodle Casserole Garlic Bread Green Beans Cannellini bean Plum Milk Veg: Same		Sunny Lemon Chicken Peas Eggplant roasted WG Linguine w/ butter Apple Slices Milk Veg: Meatless Chicken		Chicken & Dumplings Dumplings WG Roll w Butter Lima bean Pineapple Milk Veg: Chix Strips		
COLD LUNCH										
				Turkey Mayo WG Roll Tomato and lettuce garnish Romaine with Caesar Dressing Mediterranean Chickpea Salad Mixed Fruit Milk Veg: Fresh Mozzarella Cheese		Cottage Cheese String Cheese WG English Muffin Field Salad w/ Ranch Tomato Balsamic Salad Honeydew Milk Veg: Same		Mild Buffalo Ranch Chicken Salad WW Bread Spinach Salad w Balsamic Vinaigrette Beet Salad Mango (frozen) Milk Veg: Hummus Provolone		
HOT LUNCH	6		7		8		9		10	
	Chinese Style Vegetables w/ Orange Chicken Brown Rice Roasted Carrots Edamame Tropical Fruit Cup Milk Veg: Teriyaki Tofu		Vegetarian Lasagna Garlic Bread Italian Blend Acorn squash Pears Milk Veg: Same		Hamburger w/ Lettuce, Tomato & Onion WG Bun Roasted Potatoes Steamed broccoli Banana Milk Veg: Vegetarian Patty		Beef Lo Mein Vegetable Egg Roll Bok Choy Pumpkin Tangerine Milk Veg: Soy Beef		Oven Fried Chicken Legs 3 oz WG Corn Muffin w Butter Kale Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Strips	
COLD LUNCH										
Cranberry Chicken Salad WG Crackers Cucumber Salad Pickled beets Peaches Milk Veg: Chicks Strips		Grilled Chicken Mayo WW Bun Carrot Raisin Salad Field salad w/ ranch Grape Milk Veg: Cheese		Tuna Nicoise Salad WG Crackers Veg - green bean, potato) Field Salad w/ Balsamic Blueberries Milk Veg: Cucumber, Hummus & Provolone		Turkey 1 oz Cheese WW Bread Lettuce Tomato (garnish) mayo Zucchini salad Black Bean Salad Fresh fruit cup Milk Veg: Egg Salad or : Cucumber, Hummus & Provolone		1 Powerhouse Wrap ¾ c Black Beans, WW Tortilla Tossed Green Salad w Italian Broccoli Salad Mango Milk Veg: Same		



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
HOT LUNCH	13	14	15	16	17	18	19	20	21
	Nashville Hot Chicken Sandwich Chicken Patty WG Bun) ½ c Vinaigrette slaw Black eye peas Baked cinnamon apples Milk Veg: Chix Strips								
COLD LUNCH									
	Cobb Salad Turkey Bacon, hardboiled egg, chicken) WG Corn Muffin Mixed Greens Lettuce w Red wine vinaigrette (in salad) Cherry Tomato & Cuke (in salad) Orange in Wedges Milk Veg: Cheese, eggs								
HOT LUNCH	20								
	Beef Picadillo WG Rice (Black beans Collard Greens Tangerine Milk Veg: Soy beef								
COLD LUNCH									
	3 oz Tuna Salad 2 oz WW Bagel 1 c Kale Salad w Balsamic Vinaigrette ½ c Chilled Vegetable Salad ½ c Apple Slices 1 c Milk Veg: ½ c Hummus 1 oz Provolone								



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
HOT LUNCH	27	28	29	30	31				
COLD LUNCH									