

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	3 oz Honey Balsamic Chicken Breast 2 oz WG Roll w Butter ½ c Grilled Butternut Squash ½ c Roasted Rosemary Potatoes ½ c Pineapple 1 c Milk	2 1 c Beef Picadillo (3 oz meat, ½ c Vegetables) 1 c WG Rice (2 oz Grain) 1 c Spinach Salad with Creamy Italian ½ c Pears 1 c Milk	3 1 ½ c Chicken Farfalle Pasta With Green Peas (3 oz chicken, ¾ c wg farfalle, ½ c pea) ½ c Sautéed Kale with Garlic 1 oz WG Dinner Roll w Margarine ¾ c Apple Cobbler 1 c Milk	4 1 c Beef Pad Thai over 3oz M/M & ½ c Vegetables 1 c WG Linguini Noodles ½ c Broccoli ½ c Banana 1 c Milk
7	8	9 1 c Turkey Tetrazzini (3 Ma, 2 oz WG) ½ c Broccoli ½ c Lima Beans ½ c Melon Salad 1 c Milk	10 3 oz Breaded Fish Filet 2.5 oz m/m 1 oz grain / Tartar Sauce 2 oz WG Bun ½ c Steamed Kale ½ c Roasted Pumpkin ½ c Cinnamon Baked Apple 1 c Milk	11 3 oz Lemon Chicken ½ c Wild Rice 1 oz WG Roll w/ Butter ½ c Green Beans ½ c Zucchini ¾ c Cherry Cobbler 1 c Milk
14	15 1 ¼ c Shepherd's Pie 3 oz beef, ½ c m potatoes(peas, carrots& corn) 2 oz WG Roll w Butter ½ c Sautéed Collard Greens ½ c Fruit Compote 1 c Milk	16 1.5 c Spinach, Leek, and Brown Rice Pie (2 oz WG, 3 oz MA, ½ C Green Veg.) ½ c Carrots ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) 1 c Milk	17 3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz WG Roll w Butter ½ c Green Beans ½ c Pimento Corn ½ c Baked apple/Applesauce 1 c Milk	18 1 c WG Spaghetti 2 oz & ½ c sauce & 6 Meatballs 3 oz m/m ½ c sauce ½ c Zucchini ½ c Italian Blend 1 Orange in Wedges 1 c Milk
21	22 1 ¼ c Chicken Pot Pie 3 oz chicken, ½ c Carrots & Peas 2 oz WG Biscuit ½ c Steamed Greens ½ c Fruit Cocktail 1 c Milk	23 3 oz Grilled Pollock (3 oz m/ma) 1 oz WG Roll w Butter ½ c WG Rice Pilaf (1 oz grain) 1 c Italian Roasted Broccoli ½ c Cannellini Beans ½ c Mandarin Orange 1 c Milk	24 3 oz Steak Rice and Black Beans 2 oz WG Tortilla ½ c Cauliflower ½ c Pico de Gallo ½ c Cinnamon Baked Apple 1 c Milk	25 2 Oven Fried Chicken Legs 3 oz 2 oz WG Cornbread ½ c Creole Style Black Eyed Peas ½ c Green Beans ½ c Watermelon 1 c Milk
28	29 3 oz Honey Balsamic Chicken Breast 2 oz WG Roll w Butter ½ c Grilled Butternut Squash ½ C Roasted Rosemary Potatoes ½ c Pineapple 1 c Milk	30 1 c Beef Picadillo (3 oz meat, ½ c Vegetables) 1 c WG Rice (2 oz Grain) 1 c Spinach Salad with Creamy Italian ½ c Pears 1 c Milk	31 1 ½ c Chicken Farfalle Pasta With Green Peas (3 oz chicken, ¾ c wg farfalle, ½ c pea) ½ c Sautéed Kale with Garlic 1 oz WG Dinner Roll w Margarine ¾ c Apple Cobbler 1 c Milk	

Center Closed
Indigenous Day
Holiday

