

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>WEEK ONE</u></b>	<b>3</b> Veg chili Greens Mashed potatoes Cornbread Pears Milk	<b>4</b> Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Orange Milk	<b>5</b> Tuna salad sandwich Snap pea salad Tomato cucumber salad Banana (2) WW bread Milk	<b>6</b> Beef and eggplant tagine Spinach Rice Peaches Milk	<b>7</b> Veg quiche Mashed sweet potatoes Okra/tomato Peaches Garlic sticks Milk
<b><u>WEEK TWO</u></b>	<b>10</b> Scrambled eggs w cheese French toast Potatoes with peppers/onions Roasted brocc/cauli Orange Milk	<b>11</b> Chicken parmesan Penne marinara Spinach Garlic stick Tropical fruit Milk	<b>12</b> Chef salad Potato salad Pear Garlic sticks Milk	<b>13</b> Shepard's pie Okra/tomato Corn Garlic sticks Lemon raspberry cup Milk	<b>14</b> Fish w teriyaki sauce Fried rice Kale Applesauce Naan bread Milk
<b><u>WEEK THREE</u></b>	<b>17</b> Chicken piccata Mashed potatoes Spinach Applesauce Garlic sticks Milk	<b>18</b> Stuffed peppers Mashed potatoes Mixed veggies Fruit cocktail Garlic sticks Milk	<b>19</b> Taco (beef) w cheese and salsa Brown rice/beans Mixed veggies WW tortilla Orange Milk	<b>20</b> Chicken red curry w veggies Bok choy Rice Naan Pineapple Milk	<b>21</b> Roasted pork au jus Polenta Sauteed kale Mandarin oranges WW roll Milk
<b><u>WEEK FOUR</u></b>	<b>24</b> Jambalaya Greens Peas and carrots Cornbread Pineapple Milk	<b>25</b> Salisbury steak Mashed potatoes Mixed veggies WW rolls Strawberry kiwi cup Milk	<b>26</b> Turkey sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	<b>27</b> Tortellini w turkey sausage and red pepper sauce Spinach Diced carrots WW roll Orange Milk	<b>28</b> Meatball vegetable herb ramen w egg Corn Naan Birthday dessert Milk