

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>WEEK ONE</u></b>	<b>1</b> Veg chili Greens Mashed potatoes Cornbread Pears Milk	<b>2</b> Pulled chicken Mac and cheese Spinach WW bun Pineapple Milk	<b>3</b> Stuffed peppers Mac and cheese Mixed veggies Cherry lemon cup WW roll Milk	<b>4</b> Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	<b>5</b> Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<b><u>WEEK TWO</u></b>	<b>8</b> Veg quiche Potatoes w peppers and onions Sauteed kale French toast w syrup Orange Milk	<b>9</b> Tortellini w turkey sausage and red pepper sauce Spinach Diced carrots WW bread Peaches Milk	<b>10</b> Salisbury steak Mashed potatoes w green onion, cheddar, bacon Greens WW bread Raisins <u>Milk</u>	<b>1</b> Hamburger on WW bun w/mustard, mayo, ketchup Baked potato (green onion/cheddar cheese) Green beans Tropical fruit Milk	<b>12</b> Chicken piccata Mashed potatoes Spinach Applesauce Biscuit Milk
<b><u>WEEK THREE</u></b>	<b>15</b> Chicken burger on WW bun Home fries Mixed veggies Mandarin oranges Ketchup/mayo /must/lettuce/tomato Milk	<b>16</b> Shepherd's Pie Corn Tomato/okra salad Biscuit Strawberry kiwi cup Milk	<b>17</b> Ravioli w meat sauce Tossed salad w dressing Baby carrots WW bread Lemon raspberry cup Milk	<b>18</b> Tuna salad sandwich Snap pea salad Tomato cucumber salad Peaches (2) WW bread Milk	<b>19</b> Jambalaya Green beans Peas and carrots Mandarin oranges WW roll Milk

<b><u>WEEK</u></b> <b><u>FOUR</u></b>	<b>22</b> Butter chicken Basmati rice Diced carrots Bok choy Naan Applesauce Milk	<b>23</b> Chicken salad Tomato cucumber salad Coleslaw WW bread (2) Craisins Milk	<b>24</b> Chef salad Potato salad Pear Biscuit Milk	<b>25</b> Roasted turkey w gravy Green beans Veggie root mash Pie WW roll Milk Free day	<b>26</b> Shelf Stable meal
<b><u>WEEK</u></b> <b><u>FIVE</u></b>	<b>29</b> Vegetarian lasagna Spinach Corn WW bread Mandarin oranges Milk	<b>30</b> Taco (beef) w cheese and salsa Brown rice/beans Mixed veggies WW tortilla Orange Milk	<b>31</b> Chicken parm Mashed potatoes Green beans Biscuit Pineapple Milk		