

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>WEEK ONE</u></b>		<b>1</b> Jambalaya Green beans Peas and carr ots WW bread Mandarin oranges Milk	<b>2</b> Taco (beef) w cheese and salsa Brown rice/beans Mixed veggies WW tortilla Orange Milk	<b>3</b> Chicken piccata Mashed potatoes Spinach Applesauce Garlic sticks Milk	<b>4</b> 4 <sup>th</sup> of July Frozen or shelf stable meal
<b><u>WEEK TWO</u></b>	<b>7</b> Veg chili Greens Mashed potatoes Cornbread Pears Milk	<b>8</b> Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	<b>9</b> Stuffed peppers Mac and cheese Mixed veggies Cherry lemon cup WW roll Milk	<b>10</b> Chef salad Potato salad Pear Garlic sticks Milk	<b>11</b> Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<b><u>WEEK THREE</u></b>	<b>14</b> Meatball and eggplant tagine Green beans Rice Pineapple Milk	<b>15</b> Veg quiche Potatoes w peppers and onions Sauteed kale French toast w syrup Orange Milk	<b>16</b> Chicken burger on WW bun Home fries Mixed veggies Mandarin oranges Ketchup/mayo/must /lettuce/tomato Milk	<b>17</b> Turkey/cheese sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	<b>18</b> Tortellini w turkey sausage and red pepper sauce Spinach Diced carrots WW roll Orange Milk
<b><u>WEEK FOUR</u></b>	<b>21</b> Salisbury steak Mashed potatoes w green onion, cheddar, bacon Spinach WW bread Raisins Milk	<b>22</b> Raviloi w meat sauce Okra/tomato Corn Biscuit Lemon raspberry cup Milk	<b>23</b> BBQ chicken Mac and cheese Greens Cornbread Fruit cocktail Milk	<b>24</b> Chicken salad Tomato cucumber salad Coleslaw WW bread (2) Craisins Milk	<b>25</b> Vegetarian lasagna Spinach Corn Garlic sticks Birthday dessert Milk
<b><u>WEEK FIVE</u></b>	<b>28</b> Hot dog on WW bun Baked beans Green beans Tropical fruit Ketchup/must/relish Milk	<b>29</b> Chicken tenders Spinach Penne marinara Biscuit Pineapple Milk	<b>30</b> Hot roast beef sandwich on WW hot dog bun Seasoned potatoes Mixed veggies Raisins Milk	<b>31</b> Tuna salad sandwich Snap pea salad Tomato cucumber salad Peaches (2) WW bread Milk	