

Week 1 of 4 Week Cycle: Sept. 13, Oct. 11, Nov. 8, Dec. 6

	Monday/Tuesday	Wednesday/Thursday	Friday/Saturday
Entrée Option 1 OR	Meatloaf w/Brown Gravy	Meat Lasagna	Potato Encrusted Cod w/Tartar Sauce
Vegetarian Option	Lentil Walnut Pasta	Lentil Walnut Pasta	Two-bean Tamale Pie
Side	White Rice (w/Option 1 Only)	—————	Wild & Brown Rice Pilaf (w/Option 1 Only)
Vegetable	Corn	Green Beans	Broccoli and Carrots
Salad	Cucumber Salad	Side Caesar Salad w/Croutons & Caesar Dressing	Coleslaw
Roll/Muffin	Whole Wheat Roll w/Margarine	Hawaiian Roll w/Margarine	Whole Wheat Roll w/Margarine
Fruit/Dessert	Oatmeal Raisin Cookie	Mandarin Oranges	Diced Pears
Sandwich	Turkey & Lettuce Sandwich on Whole Wheat Bread w/Mayo	Chicken Breast Sandwich on White Bun w/Mayo	Egg Salad & Lettuce Sandwich on White Bun

Fruit	Seasonal Apple	Fresh Orange	Banana
Veg/Salad	Celery Sticks & Peanut Butter	Lettuce, Sliced Red Onion, Sliced Tomato	V8 Juice
Milk	2% Milk	2% Milk	2% Milk

Week 2 of 4 Week Cycle: Sept. 20, Oct. 18, Nov. 15, Dec. 13

	Monday/Tuesday	Wednesday/Thursday	Friday/Saturday
Entrée Option 1 OR	Soy Ginger Chicken	Meatloaf w/Brown Gravy	Macaroni and Cheese
Vegetarian Option	Macaroni & Cheese	Macaroni & Cheese	Vegetable Stir Fry w/Edamame
Side	White Rice (w/Option 1 Only)	Mashed Potato (w/Option 1 Only)	White Rice (w/Option 2 Only)
Vegetable	Stir Fry Vegetables	Peas and Carrots	Broccoli
Salad	Tossed Green Salad (w/ Balsamic)	Cucumber & Grape Tomatoes w/Italian Dressing	Side Caesar Salad w/Croutons & Caesar Dressing
Roll/Muffin	Hawaiian Roll w/Margarine	Whole Grain Roll w/Margarine	Whole Wheat Roll w/Margarine

Fruit/Dessert	Apple Crisp	Diced Peaches	Diced Pears
Sandwich	Ham & Lettuce Sandwich on Wheat Bread w/Mayo and Mustard	Greek Chicken Wrap on Regular Tortilla	Tuna & Lettuce Sandwich on Wheat Bun w/ Mayo
Fruit	Seasonal Fruit	Banana	Strawberry Applesauce
Veg/Salad	Fresh Cut Vegetable w/Ranch	Fresh Vegetable Salad	Celery Sticks & Peanut Butter
Milk	2% Milk	2% Milk	2% Milk

Week 3 of 4 Week Cycle: Sept. 27, Oct. 25, Nov. 22, Dec. 20

	Monday/Tuesday	Wednesday/Thursday	Friday/Saturday
Entrée Option 1 OR	Beef Mushroom Pilaf	Potato Encrusted Cod w/Tartar Sauce	Chicken Parmesan
Vegetarian Option	Veggie Frittata	Veggie Frittata	Broccoli Cheese Casserole
Side	Tater Tots (w/Vegetarian option only)	Potatoes O'Brien	Penne Pasta w/Italian Sauce (w/Option 1 only)
Vegetable	Peas	Green Beans	Crinkle Cut Carrots

Salad	Coleslaw	Cucumbers & Grape Tomatoes w/ Catalina Dressing	Fresh Vegetable Salad
Roll/Muffin	Hawaiian Roll w/Margarine	Whole Wheat Roll w/Margarine	Hawaiian Roll w/margarine
Fruit/Dessert	Mandarin Oranges	Cheesecake w/ Strawberries	Diced Peaches
Sandwich	Chicken Salad & Lettuce Sandwich on Wheat Bun	Turkey & Lettuce Sandwich on Wheat Bread w/Mayo	Egg Salad Sandwich on Wheat Bun
Fruit	Apple Slices	Banana	Seasonal Fruit
Veg/Salad	Baby Carrots	Celery Sticks & Peanut Butter	Lettuce, Sliced Red Onion, Sliced Tomato
Milk	2% Milk	2% Milk	2% Milk

Week 4 of 4 Week Cycle: Oct. 4, Nov. 1, Nov. 29, Dec. 27

	Monday/Tuesday	Wednesday/Thursday	Friday/Saturday
Entrée Option 1 OR	Broccoli Cheese Casserole	Turkey & Mashed Potatoes w/LS Chicken Gravy	Hamburger Patty
Vegetarian option	Vegetable Goulash w/Mashed Potatoes	Vegetable Goulash w/Mashed Potatoes	Malibu Burger
Side	_____	_____	_____

Vegetable	Green Beans	Corn	Crinkle Cut Carrots
Salad	Side Caesar Salad w/Croutons & Caesar Dressing	Three Bean Salad	Lettuce, Sliced Tomato, Sliced Red Onion, Sliced Pickles, Ketchup & Mayo
Roll/Muffin	Whole Wheat Roll w/Margarine	Whole Grain Roll w/Margarine	Wheat Bun
Fruit/Dessert	Apple Crisp	Lemon Bar	Pineapple Chunks
Sandwich	Chicken Salad on Wheat Bun	Ham & Lettuce Sandwich on Wheat Bread w/Mayo and Mustard	Greek Chicken Wrap on Regular Tortilla
Fruit	Golden Delicious Apple	Orange	Banana
Veg/Salad	Lettuce, Sliced Tomato, and Sliced Red Onions	Fresh Cut Vegetable w/Ranch	Couscous Vegetable Salad
Milk	2% Milk	2% Milk	2% Milk