	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
		April 22, May 20	April 23, May 21	April 24, May 22	April 25, May 23	April 26, May 24
HOT MEAL	*Entrée* **Standard**	**Meat Lasagna**	**Hamburger w/ketchup, mayo, lettuce, onion, tomato**	**Macaroni & Cheese**	**Chicken Parmesan w/Penne Pasta & Marinara**	**Breaded Pollock w/ Tartar Sauce**
	OR Vegetarian	*Mushroom Ravioli w/Marinara*	*Mushroom Ravioli w/Marinara*	*Mushroom Ravioli w/Marinara*	*Macaroni & Cheese*	*Macaroni & Cheese*
	Vegetable	Peas & Carrots	Corn	Broccoli & Carrots	Peas	California Mixed Vegetables
	Salad	Cucumber Salad	Coleslaw	Fresh Vegetable Salad	Three Bean Salad	Cucumber & Grape Tomatoes w/Italian dressing
	Roll/Muffin	Whole Wheat Roll w/Margarine	Wheat Bun	Whole Wheat Roll w/Margarine		Whole Wheat Roll w/Margarine
	Fruit/Dessert	Diced Pears	Pineapple Chunks	Mandarin Oranges	Cottage Cheese & Peaches	Tropical Fruit Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
COLD BAG	**Sandwich**	**Egg Salad & Lettuce on White Bun**	**Turkey, Cheddar & Lettuce on Wheat Bread**	**Chicken Breast & Lettuce on White Bun w/Mayo**	**Turkey & Swiss on Wheat Bread w/Mayo**	**Chicken Salad & Lettuce on Wheat Bun**
	Fruit	Apple Juice	Grapes	Banana	Strawberry	Diced Pears
	Veg/Salad	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Fresh Cut Vegetables w/Ranch	Cucumber Salad	Greek Broccoli Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Unless otherwise arranged, all clients receive _TWO_ cartons of 2% milk with each delivery.						

Nutritional Information available at www.YMOW.org

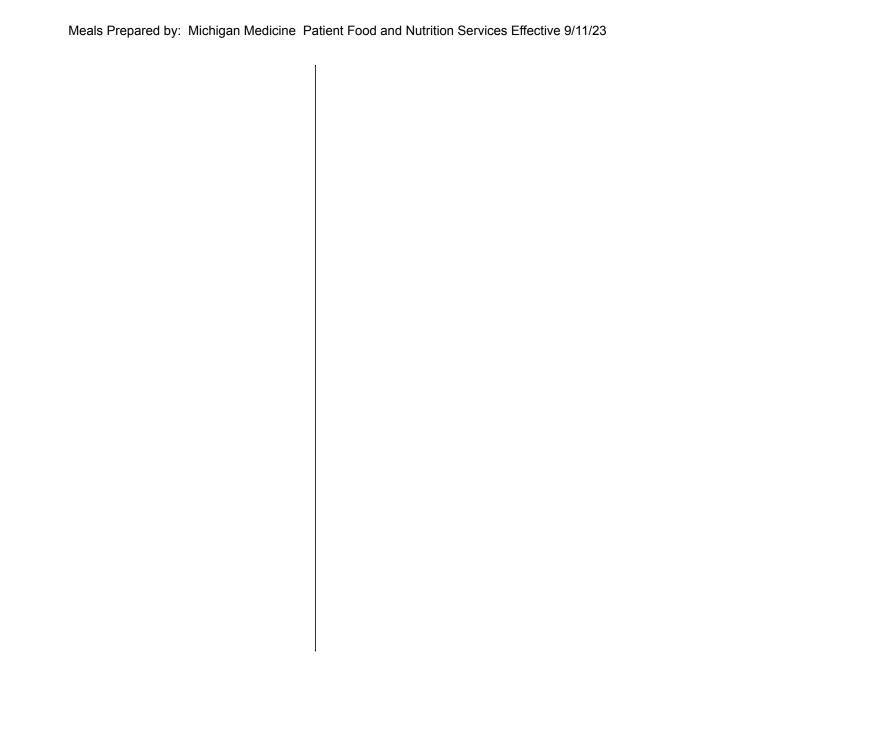| Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
		April 1, April 29, May 27	April 2, April 30, May 28	April 3, May 1, May 29	April 4, May 2, May 30	April 5, May 3, May 31
HOT MEAL *Entrée*	**Standard**	**Mushroom Ravioli w/ Marinara**	**Turkey Tacos w/Rice**	**Roast Turkey w/Chicken Gravy & Wild and Brown Rice Pilaf**	**Meatloaf w/Potatoes & Brown Gravy**	**Baked Herb Chicken w/Mashed Potatos**
	OR Vegetarian	*Tator Tot Breakfast Scramble*	*Tator Tot Breakfast Scramble*	*Tator Tot Breakfast Scramble*	*Vegetable Stir Fry w/Edamame*	*Vegetable Stir Fry w/ Edamame*
	Vegetable	Peas	Corn & Rice	Sliced Carrots	Peas & Carrots	Green Beans
	Salad	Tossed Greens & Italian Dressing	Lettuce, Tomatoes, Cheddar Cheese	Coleslaw	Cucumber & Grape Tomatoes w/Italian dressing	Garbanzo Bean & Cucumber Salad
	Roll/Muffin	Whole Wheat Roll w/ Margarine	Street Tortillas	Whole Wheat Roll w/ Margarine (Option 1 only)	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine
	Fruit/Dessert	Fruit Cocktail	Tropical Fruit Salad	Apple Crisp	Mandarin Oranges	Cottage Cheese & Peaches
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
COLD BAG	**Sandwich**	**Turkey & Lettuce on Wheat Bread w/Mayo**	**Chicken Caesar Wrap on Tortilla**	**Ham & Lettuce on Wheat Bread w/Mayo & Mustard**	**Egg Salad & Lettuce on Wheat Bun**	**Turkey & Swiss on Wheat Bun w/Mayo**
	Fruit	Banana	Strawberry	Clementine	Seasonal Fruit	Banana
	Veg/Salad	Baby Carrots w/Ranch	Garbanzo Bean & Cucumber Salad	Cucumber Salad	Fresh Cut Vegetables w/Ranch	Coleslaw
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
		April 8, May 6	April 9, May 7	April 10, May 8	April 11, May 9	April 12, May 10
HOT MEAL	*Entrée* **Standard**	**Macaroni & Cheese**	**Three Bean Chili w/ Mashed Potatos**	**Meatloaf w/Marinara**	**Mushroom Ravioli w/ Marinara**	**Breaded Pollock w/ Tartar Sauce**
	OR Vegetarian	*Garden Burger w/Mayo & Ketchup*	*Garden Burger w/Mayo & Ketchup*	*Garden Burger w/Mayo & Ketchup*	*Tofu Tacos w/Tortillas & Rice*	*Tofu Tacos w/ Tortillas & Rice*
	Vegetable	California Mixed	Crinkle Cut Carrots	Green Beans	Peas & Carrots	Sliced Zucchini
	Salad	Greek Broccoli Salad	Tossed Greens w/Croutons & Italian Dressing	Three Bean Salad	Coleslaw	Couscous Vegetable Salad
	Roll/Muffin	Mini Naan Bread	Hawaiian Roll w/Margarine	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine (Option 1 only)	Whole Wheat Roll w/Margarine (Option 1 only)
	Fruit/Dessert	Fruit Cocktail	Pineapple Chunks	Unsweetened Applesauce	Mandarin Oranges	Tropical Fruit Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
COLD BAG	**Sandwich**	**Chicken Salad & Lettuce on Wheat Bun**	**Ham, Swiss & Lettuce on Wheat Bread w/Mayo**	**Quinoa Salad w/Hummus & Vegetables**	**Turkey & Lettuce on Wheat Bread w/Mayo**	**Chicken Breast on Wheat Bun w/Mayo**
	Fruit	Fresh Orange	Diced Peaches	Banana	Seasonal Apple	Grapes
	Veg/Salad	Fresh Vegetable Salad	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Ranch Dressing
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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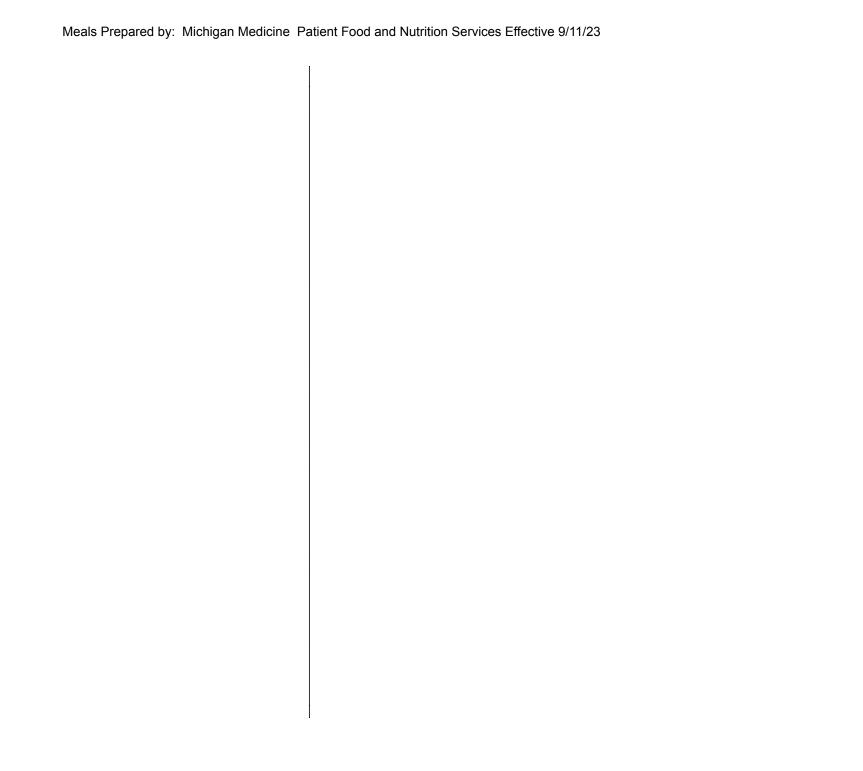
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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
		April 15, May 13	April 16, May 14	April 17, May 15	April 18, May 16	April 19, May 17
HOT MEAL *Entrée*	**Standard**	**Broccoli Cheese Casserole**	**Turkey Tacos**	**Penne Pasta w/Italian Meat Sauce**	**Tender Chicken Breast w/Chutney & Wedge Fries**	**Meatloaf w/Marinara & Potatoes O'Brien**
	OR Vegetarian	*Vegetable Frittata*	*Vegetable Frittata w/Rice Pilaf*	*Vegetable Frittata*	*Broccoli Cheese Casserole*	*Broccoli Cheese Casserole*
	Vegetable	Green Beans	California Mixed Vegetables	Crinkle Cut Carrots	Thai Steamed Vegetables	Broccoli & Carrots
	Salad	Couscous Vegetable Salad	Fiesta Coleslaw	Three Bean Salad	Tossed Greens w/Croutons & Ranch Dressing	Fresh Vegetable Salad
	Roll/Muffin		Street Tortillas		Corn Bread	Hawaiian Roll w/Margarine
	Fruit/Dessert	Apple Crisp	Cottage Cheese & Pineapple	Mandarin Oranges	Unsweetened Applesauce	Pineapple Chunks
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
COLD BAG	**Sandwich**	**Tuna Salad & Lettuce on Wheat Bun**	**Turkey, Cheddar & Lettuce on Wheat Bread w/Mayo**	**Egg Salad & Lettuce on White Bun**	**Ham & Swiss on Tortilla**	**Chicken Salad & Lettuce on Wheat Bun**
	Fruit	Clementine	Seasonal Apple	Grapes	Apple Slices	Banana
	Veg/Salad	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Italian Dressing	Beet & Chickpea Salad	Coleslaw	Garbanzo Bean & Cucumber Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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