

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
		July 15, Aug 12, Sept 9, Oct 7	July 16, Aug 13, Sept 10, Oct 8	July 17, Aug 14, Sept 11, Oct 9	July 18, Aug 15, Sept 12, Oct 10	July 19, Aug 16, Sept 13, Oct 11
<i>Entrée</i>	Standard	Roast Turkey w/ Chutney & mashed potatoes	Meatballs w/ brown gravy & rice	Chicken Parmesan	Chicken Fried Rice	Breaded Pollock w/ Tartar Sauce
	<i>OR Vegetarian</i>	<i>Lentil Shepherd's Pie</i>	<i>Lentil Shepherd's Pie</i>	<i>Broccoli Cheese Casserole</i>	<i>Broccoli Cheese Casserole</i>	<i>Veggie Burger</i>
Vegetable		Peas & Carrots	Corn	Green Beans	Stir Fry Vegetables w/Carrots	California Mixed Vegetables
Salad		Cucumber Salad	Cucumber & Grape Tomatoes	Carrot Salad	Three Bean Salad	Fiesta Coleslaw
Roll/Muffin		Whole Wheat Roll w/Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/Margarine	Hawaiian Roll w/ Margarine	Wheat Bun w/Margarine
Fruit/Dessert		Grapes	Pineapple Chunks	Mandarin Oranges	Diced Peaches	Tropical Fruit Salad
Milk		2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
HOT MEAL	Sandwich	Chicken Salad & Lettuce on Wheat	Turkey, Cheddar & Lettuce on Wheat	Ham, Cheddar, Lettuce on Wheat	Turkey & Swiss on Wheat	Chicken Ceasar Wrap
	Fruit	Banana	Orange	Raisins	Strawberry Applesauce	Banana
	Veg/Salad	Couscous Vegetable Salad	Greek Broccoli Salad	Vegetable Chickpea Salad	Beet & Chickpea Salad	Greek Broccoli Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
COLD BAG	Sandwich	Chicken Salad & Lettuce on Wheat	Turkey, Cheddar & Lettuce on Wheat	Ham, Cheddar, Lettuce on Wheat	Turkey & Swiss on Wheat	Chicken Ceasar Wrap
	Fruit	Banana	Orange	Raisins	Strawberry Applesauce	Banana
	Veg/Salad	Couscous Vegetable Salad	Greek Broccoli Salad	Vegetable Chickpea Salad	Beet & Chickpea Salad	Greek Broccoli Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
		July 22, Aug 19, Sept 16, Oct 14	July 23, Aug 20, Sept 17, Oct 15	July 24, Aug 21, Sept 18, Oct 16	July 25, Aug 22, Sept 19, Oct 17	July 26, Aug 23, Sept 20, Oct 18
HOT MEAL	Standard	Mushroom Ravioli w/ Marinara	Baked Panko Herb Chicken w/ potato wedges	Glazed Meatloaf w/ rice	Roast Turkey w/ Chutney & Mashed Potatoes	Baked Haddock w/ wild & brown rice pilaf
	<i>Entrée</i>					
	<i>OR Vegetarian</i>	<i>Tator Tot Breakfast Scramble</i>	<i>Tator Tot Breakfast Scramble</i>	<i>Three Bean Chili w/ cheese</i>	<i>Three Bean Chili w/ cheese</i>	<i>Vegetable Stir Fry w/ Edamame</i>
	Vegetable	Green Beans	California mixed vegetables	Corn	Green Beans	Peas & Carrots
	Salad	Baby Carrots w/ ranch	Tossed greens & Italian dressing	Cucumber Salad	Cucumber & Grape Tomatoes	Three Bean Salad
	Roll/Muffin	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Corn Bread	Hawaiian Roll w/ Margarine
	Fruit/Dessert	Fruit Cocktail	Tropical Fruit Salad	Baked Fruit w/ Granola	Mandarin Oranges	Cottage Cheese & Peaches
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
COLD BAG	Sandwich	Chickpea Salad on Wheat Bun	Ham, Cheddar, Lettuce on Wheat	Turkey & Cheddar w/ crackers	Egg Salad & Lettuce on Wheat	Turkey & Swiss on Wheat
	Fruit	Banana	Orange	Raisins	Seasonal Fruit	Banana
	Veg/Salad	Greek Broccoli Salad	Beet & Chickpea Salad	Couscous Vegetable Salad	Fresh Cut Vegetables w/Ranch	Carrot Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
		July 29, Aug 26, Sept 23, Oct 21	July 30, Aug 27, Sept 24, Oct 22	July 31, Aug 28, Sept 25, Oct 23	Aug 1, Aug 29, Sept 26, Oct 24	Aug 2, Aug 30, Sept 27, Oct 25
HOT MEAL	Standard	Meat Lasagna	Tender Chicken Breast w/ gravy & rice pilaf	Chicken, Broccoli, & Rice Casserole	Chicken Fried Rice	Breaded Pollock w/ Tartar Sauce
	<i>Entrée</i>	<i>Fiesta Stuffed Pepper w/cheese</i>	<i>Fiesta Stuffed Pepper w/cheese</i>	<i>Vegetable Fried Rice w/ Nuggets</i>	<i>Vegetable Fried Rice w/ Nuggets</i>	<i>Veggie Burger</i>
	OR Vegetarian					
	Vegetable	California Mixed	Crinkle Cut Carrots	Green Beans	Stir Fry Veggies	Broccoli
	Salad	Greek Broccoli Salad	Couscous Vegetable Salad	Three Bean Salad	Carrot Salad	Fiesta Coleslaw
	Roll/Muffin	Whole Wheat Roll w/Margarine	Hawaiian Roll w/Margarine	Whole Wheat Roll w/Margarine	Hawaiian Roll w/Margarine	Wheat Bun
	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	Egg Salad & Lettuce on Wheat	Turkey, Cheddar & Lettuce on Wheat	Quinoa Salad w/ Hummus & Veggies
	Fruit	Raisins	Seasonal Apple	Banana	Seasonal Apple	Orange
	Veg/Salad	Carrot Salad	Coleslaw	Garbanzo Bean & Cucumber Salad	Vegetable Chickpea Salad	Beet & Chickpea Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
		Aug 5, Sept 2, Sept 30, Oct 28	Aug 6, Sept 3, Oct 1, Oct 29	Aug 7, Sept 4, Oct 2, Oct 30	Aug 8, Sept 5, Oct 3, Oct 31	Aug 9, Sept 6, Oct 4, Nov 1
HOT MEAL	Standard	Baked Haddock w/ Rice	Turkey Tacos w/ Rice Pilaf	Meatballs w/ Marinara & Penne Pasta	Roast Turkey w/ Chutney Potatoes O'Brien	Baked Panko Herb Chicken w/ Wedge Fries
	<i>Entrée</i>					
	<i>OR Vegetarian</i>	<i>Tofu Tacos</i>	<i>Tofu Tacos</i>	<i>Broccoli & Cheese Casserole</i>	<i>Broccoli & Cheese Casserole</i>	<i>Three Bean Chili & Cheese</i>
	Vegetable	Peas & Carrots	California Mixed Vegetables	Green Beans	Peas & Carrots	Broccoli
	Salad	Coleslaw	Shredded Taco Salad	Carrot Salad	Tossed Greens w/Croutons & Ranch Dressing	Cucumber Salad
	Roll/Muffin	Tortillas	Tortillas	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine	Corn Bread
	Fruit/Dessert	Baked Fruit with Granola	Mandarin Oranges	Fruit Cocktail	Unsweetened Applesauce	Pineapple Chunks
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
COLD BAG	Sandwich	Chickpea Salad on wheat bun	Tuna Salad, Cheddar & Lettuce on wheat	Turkey, Cheddar & Lettuce on wheat	Chicken Sesame Noodle Salad	Egg Salad & Lettuce on wheat
	Fruit	Orange	Raisins	Seasonal Apple	Orange	Banana
	Veg/Salad	Greek Broccoli Salad	Cucumber Salad	Beet & Chickpea Salad	Coleslaw	Vegetable & Chickpea Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk



