

<b>Week 1</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
		Nov 4, Dec 2, Dec 30, Jan 27, Feb 24, Mar 24, Apr 21	Nov 5, Dec 3, Dec 31, Jan 28, Feb 25, Mar 25, Apr 22	Nov 6, Dec 4, Jan 1, Jan 29, Feb 26, Mar 26, Apr 23	Nov 7, Dec 5, Jan 2, Jan 30, Feb 27, Mar 27, Apr 24	Nov 8, Dec 6, Jan 3, Jan 31, Feb 28, Mar 28, Apr 25	
<b>HOT MEAL</b>	<b>Entrée</b>	<b>Standard</b> <b>Roast Turkey w/ Chutney &amp; mashed potatoes</b>	<b>Meatballs w/ brown gravy &amp; rice</b>	<b>Chicken Parmesan</b>	<b>Chicken Fried Rice</b>	<b>Breaded Pollock w/ Tartar Sauce</b>	
		<i>OR</i> <i>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>
	<b>Vegetable</b>	Peas & Carrots	Corn	Green Beans	Stir Fry Vegetables w/Carrots	California Mixed Vegetables	
	<b>Salad</b>	Cucumber Salad	Cucumber & Grape Tomatoes	Carrot Salad	Three Bean Salad	Fiesta Coleslaw	
	<b>Roll/Muffin</b>	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/Margarine	Hawaiian Roll w/ Margarine	Wheat Bun w/Margarine	
	<b>Fruit/Dessert</b>	Grapes	Pineapple Chunks	Mandarin Oranges	Diced Peaches	Tropical Fruit Salad	
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
<b>COLD BAG</b>	<b>Sandwich</b>	<b>Chicken Salad &amp; Lettuce on Wheat</b>	<b>Turkey, Cheddar &amp; Lettuce on Wheat</b>	<b>Ham, Cheddar, Lettuce on Wheat</b>	<b>Turkey &amp; Swiss on Wheat</b>	<b>Chicken Ceasar Wrap</b>	
	<b>Fruit</b>	Banana	Orange	Raisins	Strawberry Applesauce	Banana	
	<b>Veg/Salad</b>	Couscous Vegetable Salad	Greek Broccoli Salad	Vegetable Chickpea Salad	Beet & Chickpea Salad	Greek Broccoli Salad	
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

<b>Week 2</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		Nov 11, Dec 9, Jan 6, Feb 3, Mar 3, Mar 31, Apr 28	Nov 12, Dec 10, Jan 7, Feb 4, Mar 4, Apr 1	Nov 13, Dec 11, Jan 8, Feb 5, Mar 5, Apr 2	Nov 14, Dec 12, Jan 9, Feb 6, Mar 6, Apr 3	Nov 15, Dec 13, Jan 10, Feb 7, Mar 7, Apr 4
<b>HOT MEAL</b>	<b>Standard</b>	<b>Mushroom Ravioli w/ Marinara</b>	<b>Baked Panko Herb Chicken w/ potato wedges</b>	<b>Glazed Meatloaf w/ rice</b>	<b>Roast Turkey w/ Chutney &amp; Mashed Potatoes</b>	<b>Baked Haddock w/ wild &amp; brown rice pilaf</b>
	<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>
	<b>Vegetable</b>	Green Beans	California mixed vegetables	Corn	Green Beans	Peas & Carrots
	<b>Salad</b>	Baby Carrots w/ ranch	Tossed greens & Italian dressing	Cucumber Salad	Cucumber & Grape Tomatoes	Three Bean Salad
	<b>Roll/Muffin</b>	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Corn Bread	Hawaiian Roll w/ Margarine
	<b>Fruit/Dessert</b>	Fruit Cocktail	Tropical Fruit Salad	Baked Fruit w/ Granola	Mandarin Oranges	Cottage Cheese & Peaches
<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
<b>COLD BAG</b>	<b>Sandwich</b>	<b>Chickpea Salad on Wheat Bun</b>	<b>Ham, Cheddar, Lettuce on Wheat</b>	<b>Turkey &amp; Cheddar w/ crackers</b>	<b>Egg Salad &amp; Lettuce on Wheat</b>	<b>Turkey &amp; Swiss on Wheat</b>
	<b>Fruit</b>	Banana	Orange	Raisins	Seasonal Fruit	Banana
	<b>Veg/Salad</b>	Greek Broccoli Salad	Beet & Chickpea Salad	Couscous Vegetable Salad	Fresh Cut Vegetables w/Ranch	Carrot Salad
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

<b>Week 3</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		Nov 18, Dec 16, Jan 13, Feb 10, Mar 10, Apr 7	Nov 19, Dec 17, Jan 14, Feb 11, Mar 11, Apr 8	Nov 20, Dec 18, Jan 15, Feb 12, Mar 12, Apr 9	Nov 21, Dec 19, Jan 16, Feb 13, Mar 13, Apr 10	Nov 22, Dec 20, Jan 17, Feb 14, Mar 14, Apr 11
<b>HOT MEAL</b>	<b>Standard</b>	<b>Meat Lasagna</b>	<b>Tender Chicken Breast w/ gravy &amp; rice pilaf</b>	<b>Chicken, Broccoli, &amp; Rice Casserole</b>	<b>Chicken Fried Rice</b>	<b>Breaded Pollock w/ Tartar Sauce</b>
	<i>Entrée</i>					
	<i>OR Vegetarian</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>
	<b>Vegetable</b>	California Mixed	Crinkle Cut Carrots	Green Beans	Stir Fry Veggies	Broccoli
	<b>Salad</b>	Greek Broccoli Salad	Couscous Vegetable Salad	Three Bean Salad	Carrot Salad	Fiesta Coleslaw
	<b>Roll/Muffin</b>	Whole Wheat Roll w/Margarine	Hawaiian Roll w/Margarine	Whole Wheat Roll w/Margarine	Hawaiian Roll w/Margarine	Wheat Bun
	<b>Fruit/Dessert</b>	Fruit Cocktail	Pineapple Chunks	Unsweetened Applesauce	Mandarin Oranges	Tropical Fruit Salad
<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
<b>COLD BAG</b>	<b>Sandwich</b>	<b>Chicken Salad &amp; Lettuce on Wheat Bun</b>	<b>Ham, Swiss &amp; Lettuce on Wheat Bread</b>	<b>Egg Salad &amp; Lettuce on Wheat</b>	<b>Turkey, Cheddar &amp; Lettuce on Wheat</b>	<b>Quinoa Salad w/ Hummus &amp; Veggies</b>
	<b>Fruit</b>	Raisins	Seasonal Apple	Banana	Seasonal Apple	Orange
	<b>Veg/Salad</b>	Carrot Salad	Coleslaw	Garbanzo Bean & Cucumber Salad	Vegetable Chickpea Salad	Beet & Chickpea Salad
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

<b>Week 4</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		Nov 25, Dec 23, Jan 20, Feb 17, Mar 17, Apr 14	Nov 26, Dec 24, Jan 21, Feb 18, Mar 18, Apr 15	Nov 27, Dec 25, Jan 22, Feb 19, Mar 19, Apr 16	Nov 28, Dec 26, Jan 23, Feb 20, Mar 20, Apr 17	Nov 29, Dec 27, Jan 24, Feb 21, Mar 21, Apr 18
<b>HOT MEAL</b>	<b>Entrée</b>	<b>Standard</b> <b>Baked Haddock w/ Rice</b>	<b>Turkey Tacos w/ Rice Pilaf</b>	<b>Meatballs w/ Marinara &amp; Penne Pasta</b>	<b>Roast Turkey w/ Chutney Potatoes O'Brien</b>	<b>Baked Panko Herb Chicken w/ Wedge Fries</b>
		<i>OR</i> <b>Vegetarian</b> <i>Tofu Tacos</i>	<i>Tofu Tacos</i>	<i>Broccoli &amp; Cheese Casserole</i>	<i>Broccoli &amp; Cheese Casserole</i>	<i>Three Bean Chili &amp; Cheese</i>
	<b>Vegetable</b>	Peas & Carrots	California Mixed Vegetables	Green Beans	Peas & Carrots	Broccoli
	<b>Salad</b>	Coleslaw	Shredded Taco Salad	Carrot Salad	Tossed Greens w/Croutons & Ranch Dressing	Cucumber Salad
	<b>Roll/Muffin</b>	Tortillas	Tortillas	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine	Corn Bread
	<b>Fruit/Dessert</b>	Baked Fruit with Granola	Mandarin Oranges	Fruit Cocktail	Unsweetened Applesauce	Pineapple Chunks
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
<b>COLD BAG</b>	<b>Sandwich</b>	<b>Chickpea Salad on wheat bun</b>	<b>Tuna Salad, Cheddar &amp; Lettuce on wheat</b>	<b>Turkey, Cheddar &amp; Lettuce on wheat</b>	<b>Chicken Sesame Noodle Salad</b>	<b>Egg Salad &amp; Lettuce on wheat</b>
	<b>Fruit</b>	Orange	Raisins	Seasonal Apple	Orange	Banana
	<b>Veg/Salad</b>	Greek Broccoli Salad	Cucumber Salad	Beet & Chickpea Salad	Coleslaw	Vegetable & Chickpea Salad
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk







