

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
BOX					
LUNCH		Smoked Turkey Sausage w/ Sauerkraut Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup	BBQ Beef Peas & Onions Potato Wedges Peaches Bun	Turkey Tetrazzini w/ Peas and Mushrooms Brussel Sprouts Baked Cinnamon Apples Wheat Bread / Margarine	Country Fried Steak w/Gravy Potato Wedges Green Beans Dinner Roll / Margarine Orange Pineapple Juice 100% Chocolate Sponge Cake
WEEK		Diet: same	Diet: same	Diet: same	Diet: same
7					
BOX	8	9	10	11	12
LUNCH	Pork Cutlet w/ Gravy Green Beans Beets Wheat Bread (2 slices) Margarine Pineapple	Chicken & Potato Casserole with tater tots Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches	Broccoli Cheddar Chicken Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Fruit Cocktail	Stuffed Cabbage Roll w/Marinara Peas & Onions sliced Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams	Lemon Pepper Fish w/ Tartar Sauce Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Fruit Cocktail
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
1					
BOX	15	16	17	18	19
LUNCH	MARTIN LUTHER KING JR DAY Roast Turkey w/Gravy Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Grape Juice 100% Chocolate Elf Grahams	Rosemary Chicken Potato Wedges Vegetable Medley Wheat Bread (2 slices) Margarine Applesauce	Swiss Steak w/ Peppers / Onions Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pears	Beef & Noodles w/ Gravy Green Beans Carrots Wheat Bread / Margarine Peaches	Spaghetti & Meatballs w/ Marinara Italian Vegetables Spinach / Vinegar Cranberry Juice Parmesan Cheese Sponge Cake
WEEK	 Diet: same	Diet: same	Diet: same	Diet: same	 Diet: same
2					
BOX	22	23	24	25	26
LUNCH	Chicken and Brown Rice w/ Gravy - 9023 <i>(ch b) beef / brown rice / gravy ch7041</i> Broccoli diced Carrots Wheat Bread / Margarine Pears	Hamburger - 9071 <i>(ch b) sliced deli ham ch7005</i> w/ Swiss American Cheese slice Tomato Soup (cong only) Baked Beans Broccoli Bun Pineapple Mustard / Ketchup	Italian Chicken - 9042 <i>(ch b) fried steak italiano ch7011</i> w/ Marinara over Spaghetti Italian Vegetables Peas Cranberry Juice Sponge Cake	Salisbury Steak w/Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) / Margarine	Grilled Chicken w/BBQ Sauce Potato Wedges Cheesy Broccoli Bun Applesauce
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
3					
BOX	29	30	31	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)	
LUNCH	Cheese Pizza Peas & Onions Carrot Coins Apple Juice 100% Chocolate Chip Cookie	Baked Chicken w/ Gravy Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce	Meatloaf w/ Gravy Mashed Potatoes Carrots Wheat Bread / Margarine Orange Pineapple Juice 100% Angel Food Cake		
WEEK	Diet: same	Diet: same	Diet: same	 In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs) To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building, 1400 Independence Ave, S.W. Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD) USDA is an equal opportunity provider and employer.	
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