

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma 1 oz WG Roll w Butter ½ c Broccoli ½ c Sweet Potato ½ c Mixed Fruit 1 c Milk</p>	<p>½ c Honey Lime Chicken ½ WG Pita 1 c Curried Vegetable Couscous ½ C Carrots ½ c Apple Slices (4-6) ADSC: Fruit Cup 1 c Milk</p>	<p>1.5 cup Chicken Fajita Pasta (2 oz M/MA, 2 oz WG, ½ cup vegetable – red peppers, green peppers, corn) ½ c Garlic Mushrooms ½ c Sautéed Zucchini ½ c Strawberries 1 c Milk</p>	<p>1 Stuffed Cabbage (½ C WG Rice) 1 oz Roll ½ c Squash ½ c Garden Cannellini Bean Salad ½ c Clementine ADSC: Fruit Cup 1 c Milk</p>	<p>3oz Baked Cajun Fish ½ c Rice Pilaf 1 oz WG Roll w Butter ½ c Peas ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ½ c Watermelon 1 c Milk</p>
10	11	12	13	14
<p>1 c Broccoli Cheese & Rice Casserole (1.5 oz M/MA, 1 WG oz, .05 veg) 1 oz WG Roll w Butter. 1 oz String Cheese ½ c Roasted Carrots ½ c Pineapple 1 c Milk</p>	<p>1 c Chicken Burrito Bowl (1 oz WG, 2 oz M/MA, ¾ c vegt – roasted peppers, avocado) 1 oz Pita Bread 1/2 c Elotes ½ c Pears 1 c Milk</p>	<p>1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c WG noodles 7.1 oz ½ c Vegetarian Baked Beans ½ c Roasted Cherry Tomatoes ½ c Sautéed Collards ½ c Grapes 1 c Milk</p>	<p>3 oz Swedish Meatballs & Gravy 2 oz WG Biscuit ½ c Mashed Potatoes ½ c Creamed Spinach ½ c Peach Cobbler 1 c Milk</p>	<p>1.25 c Sweet Chili Tofu Asian Noodle Bowl (2 oz MMA, 2 oz grain, 1/2 c veg. Broccoli, edamame, carrots, red Pepper) ½ c Cucumber Salad ½ c Honeydew ADSC: Fruit Cup 1 c Milk</p>
17	18	19	20	21
<p>1 c Spaghetti & Meat Sauce 2 oz m/ma, 1 oz grain ½ c Garlic Mushrooms 1/2 c Italian Green Beans ½ c Pears 1 c Milk</p>	<p>1 cup Fish Chowder (1/2 c vegt (1/4 c starch, 1/8 c red/orange, 1/8 cup other, 2 oz M/MA) 2 oz WG Roll w/ butter 3/4 c Hot Cherry Crisp 1 c Field Greens w/ Balsamic Dressing 1 c Milk</p>	<p>1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread 1 c Steamed Broccoli & Cauliflower ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) 1 c Milk</p>	<p>2 Oven Fried Chicken Legs 2 oz WG Corn Muffin w Butter ½ c Steamed Collards ½ c Marinated Black Bean Salad ¾ c Cherry Cobbler 1 c Milk</p>	<p>1 Cheesy Bean Burrito ½ c WG Rice (1 oz grain) ½ c Corn ½ c Strawberries 1 c Milk</p>
24	25	26	27	28
<p>1 ¼ c Beef Pot Pie (3 oz m/ma, ½ c carrots & peas) 2 oz WG Biscuit ½ c steamed kale ½ c Fruit Cocktail 1 c Milk</p>	<p>2 cup Jambalaya (2 oz M/MA, ½ c veg, 2 oz WG grain) 1 oz Cornbread ½ c Green Beans ½ c Strawberries 1 c Milk</p>	<p>1 c Vegetarian Lentil Soup 2 ½ oz m/ma and ¼ c vegetable 14 (2 oz) WG Triscuit type Cracker ½ c Carrots ½ c Steamed Collard Greens ½ c Tropical Fruit Salad 1 c Milk</p>	<p>2 Oven Fried Chicken Leg 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas ½ c Mixed Berries 1 c Milk</p>	<p>3 oz Grilled Pollock ½ c WG Cilantro Rice (3 oz grain) 1oz WG Bun ½ c Steamed Kale ½ c Black Bean Salad ½ c Apple ADSC: Fruit Cup 1 c Milk</p>

**** ADSC: No Fresh Fruit except strawberries, watermelon, grapes, and bananas**