



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</p>		<p><i>*All Meals are served with Milk 8oz Dalily</i></p>		<p>1 Hamburger-3 oz. Oven Baked Potatoes-½ c Baked Beans-½ c Multigrain Bun-2 oz. Sliced Peaches-½ cup Milk-8 oz.</p>
<p>4  No Meal Delivery</p>	<p>5 Turkey Slices -3oz. Mashed Potatoes-½ c Italian Vegetables-½ c Wheat Bread-1 slice Mixed Fruit-½ c Milk-8 oz.</p>	<p>6 Pork Riblets w BBQ-3 oz. Potatoes Au Gratin-½ cup California Mix Veggies-½ c Whole Grain Bread-2 Slices Grapes-½ cup Milk-8 oz.</p>	<p>7 Meatloaf w/Gravy-3 oz. Cinnamon Squash-½ c Peas-½ c Corn Muffin-2 oz. Orange Wedges-½ c Milk-8 oz.</p>	<p>8 Sloppy Joe-3 oz. Roasted Red Skins-½ c Cole Slaw-½ c Wheat Bun-2 oz. Fruit Cup-½ c Milk-8 oz.</p>
<p>11 Swedish Meatballs-4 oz Fried rice-½ c Capri Blend-½ c Whole Grain Wheat-1 Slice Fresh Banana Milk-8 oz.</p>	<p>12 Salisbury Steak 3oz Cheesy Potatoes ½c Green Beans ½c French Dinner Roll 2oz Mandarin Oranges ½c Milk-8 oz.</p>	<p>13 Stuffed Pepper 6oz Parsely Potatoes ½c Baby Carrots ½c WGR Wheat Slices Pineapple Tidbits ½c Milk-8 oz.</p>	<p>14 Roasted Turkey Breast 3oz Mashed Potatoes ½c Gravy 2oz Broccoli ½c WGR Dinner Roll 2oz Fruit Cup-½ c Milk-8 oz.</p>	<p>15 Lasagna w/Meat 6oz Vegetable Blend-½ c French Beans ½c Garlic Toast 2oz Sliced Pears-½ c Milk-8 oz.</p>
<p>18 Sweet & Sour Chicken 4oz Fried rice-½ c Oriental Blend-½ c Whole Grain Wheat-1 Slice Fruit Cup-½ c Milk-8 oz.</p>	<p>19 Macaroni & Cheese 1 cup Broccoli ½c Carrot Coins ½c WGR Corn Muffin Grapes ½c Milk-8 oz.</p>	<p>20 Beef Stew 8oz Vegetable & Potatoes ½c Sweet Corn ½c WGR Biscuits - 2 Escalloped Apples ½c Milk-8 oz.</p>	<p>21 Oven Baked Chicken 3oz Mashed Potatoes ½c Mixed Greens 1 cup WGR Dinner Roll 2oz Peaches ½c Milk-8 oz.</p>	<p>22 Meatball Sub 3oz Red Skin Potatoes ½c Three Bean Salad ½c WGR Sub Bun 2oz Mixed Fruit-½ c Milk-8 oz.</p>
<p>25 Grilled Chicken Parmesan 6oz Roasted Potatoes-½ c Cucumber Salad ½c Whole Grain Wheat-1 Slice Sliced Pears-½ c</p>	<p>26 Sloppy Joe 3oz Carrots & Peas ½c Sliced Beets-½ c WGR Hamburger Bun Tropical Fruit Mix ½c</p>	<p>27 <i>*Tarter Sauce Packet</i> Cabbage Roll w/Beef 3oz Potato Wedges ½c Mixed Vegetables ½c WGR Dinner Roll 2oz Fresh Fruit Cup ½c</p>	<p>28 Rigatoni w/Meat 8oz Garden Salad 1c w/Dressing Green Beans ½c WGR Garlic Bread Stick 2oz Cinnamon Applesauce ½c</p>	<p>29 Pepper Steak 3oz Scalloped Potatoes ½c Coleslaw ½c WGR Wheat Slices Pineapple Chunks ½c</p>