


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menu Approved By: <i>Jill Riffle MS, RDN, LD</i> <i>*All Meals are served with Skim Milk 8oz Dalily</i>			1 Cheese Omelet 3 oz. Diced Red Skin Potatoes-½ c Beets-½ c WGR Dinner Roll-2 oz. Applesauce-½ cup Skim Milk-8 oz.
	4 Stuffed Peppers -6oz. Mashed Potatoes-½ c Green Beans-½ c WGR Wheat Slices-2 Jell-O w/Fruit-½ c Skim Milk-8 oz.	5 BBQ Chicken -3oz. Diced Potatoes-½ c Diced Carrots-½ c WGR Dinner Roll 2oz Pineapple Tidbits-½ c Skim Milk-8 oz.	6 Sloppy Joe-4oz Red Skin Potatoes- ½c Sweet Peas- ½c WGR Hambruger Bun-2 oz. Medium Banana Skim Milk-8 oz.	7 Roast Beef 3oz-Gravy 2oz Au Gratin Potatoes-½ c Capri Vegetable Mix-½ c WGR Dinner Roll-2 oz. Grapes-½ c Skim Milk-8 oz.
11 Meatloaf w/Gravy-3oz Mashed Potatoes-½ c Green Beans-½ c WGR Bread Slices-2 Mandarin Oranges ½c Skim Milk-8 oz.	12 Creamed Chipped Beef-4 oz. Diced Oven Potatoes-½ c Diced Carrots-½ c WGR Biscuit 2.85" Tropical Fruit ½c Skim Milk-8 oz.	13 BBQ Riblets 3oz Red Skin Potatoes ½c Brussels Sprouts ½c WGR Dinner Roll-2 oz. Jell- O w/Fruit ½c Skim Milk-8 oz.	Ketchup & Mustard Packet 14 Hamburger 3oz Diced Potatoes-½ c Baked Beans ½c WGR Wheat Bun-2 oz. Applesauce-½ cup Skim Milk-8 oz.	15 Sausage Gravy 8oz Diced Potatoes-½ c Mixed Vegetables ½c WGR Biscuit 2.85" Diced Peaches-½c Skim Milk-8 oz.
18 Salisbury Steak w/Gravy 3oz Mashed Potatoes-½ c Green Peas-½c WGR Bread Slices-2 Applesauce-½ cup Skim Milk-8 oz.	19 Breaed Chicken-3oz Mashed Potatoes-½ c Succatash- ½c WGR Wheat Bread Slices-2 Fruit Cocktail- ½c Skim Milk-8 oz.	Ketchup & Mustard Packet 20 Veggie Burger-3oz Diced Potatoes-½ c Peas & Carrots- ½c WGR Dinner Roll-2 oz. Mandarin Oranges ½c Skim Milk-8 oz.	21 Macaroni & Cheese-6oz Stewed Tomatoes-½ c Broccoli- ½c WGR Bread Slices-2 Mixed Fruit-½c Skim Milk-8 oz.	22 Ham Slice 3oz Sweet Potatoes ½c Green Beans ½c WGR Wheat Dinner Roll-2 oz. Diced Pears- ½c Skim Milk-8 oz.
25  No Meal Delivery	26 Tuna Fish Sandwhich-3oz Macaroni Salad- ½c 3-Bean Salad- ½c WGR Wheat Bun-2 oz. Fruit Cup-½ c Skim Milk-8 oz.	27 Beef Stew-8oz Wax Beans- ½c Pasta Salad½c WGR Dinner Roll-2 oz. Sliced Apples-½ c Skim Milk-8 oz.	28 Creamed Chicken-6oz WGR Biscuit 2.85" Red Skin Potatoes- ½c Mixed Vegetables ½c Medium Banana Skim Milk-8 oz.	Salad Dressing Packet 29 Rigatoni w/Sauce 8oz Itaian Vegetables-½c Fresh Salad½c WGR Bread Slices-2 Applesauce-½ cup Skim Milk-8 oz.