


Alternate Meals Available:
 1st and 3rd week-Soup & Sandwich
 2nd and 4th week-Salad



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  NO MEAL	4 Creamed Chicken & Rice(30) Seasoned California Blend Vegetables(18) Fresh Baked Rolls(16) Pineapple Tidbits (07)	5 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Green Beans(02) Cottage Cheese with Fruit(12) Fresh Baked Roll(16)	6 National Squash Day Ms. Helen's Cheesy Beef Lasagna(19) Green Fresh Squash(02) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)	7 Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Fresh Baked Roll(15)
10 Swedish Meatballs(39) Steamed White Rice(21) Carrots(06) Peaches(18) Fresh Baked Roll(16)	11 Rigatoni Pasta with Meat Sauce(25) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Seasonal Fruit Crisp(67)	12 Honey Ham and Turkey Sub Sandwiches(15) Crisp Potato Chips(14) Home-style Macaroni Salad(20) Fresh Local Apple(28)	13 Ground Beef Taco Salad Corn Tortilla Chips, Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Kidney Beans, Ranch Dressing ,Taco Sauce , Sour Cream(40) Mandarin Oranges(11)	14 Garlic Roasted Beef(00) Roasted Baby Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)
17 Honey Baked Ham (00) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08)	18 Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Jello cup with fruit(9) Fresh Baked Roll(15)	19 Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(00) Diced Pears(19)	20 Teriyaki Chicken Bowl(08) Steamed Brown Rice(21) Fresh Steamed Broccoli(04) Banana(27) Fresh Baked Roll(15)	21 Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(25) Crinkle Cut Carrot(06) Fresh Baked Roll(15) Mandarin Oranges(11)
24 Salisbury Steak (05) Mashed Potatoes & Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Pears(19)	25 Homemade Chicken Pot Pie(14) Fresh Baked Biscuit(25) Garden Green Salad(2) Diced Pears(15) Fresh baked brownie(23)	26 BBQ Pork Rib Sandwich(20) Crisp Potato Wedges(18) Garden Fresh Seasoned Squash(02) Fresh Baked Brownie(23) Fresh Local Apple(23)	27 Hearty Beef and Vegetable Stew(14) Fresh Green Salad(2) Fresh Baked Corn Bread Muffin(33) Granny Smith Apple Crisp(67)	28 Grilled Hamburgers with Fresh Baked Bun(17) Coleslaw(04) Fruit and Jell-O Cup(09) Roasted Corn(14)
				<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>

Suggested Donation \$3/meal

Menu is subject to change