<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Chicken Drumsticks</td>
<td>Hamburger</td>
<td>Ranch Chicken</td>
<td>Turkey Meat Sauce</td>
<td>Herb Crusted Fish</td>
</tr>
<tr>
<td>Chicken Drumsticks 2 oz</td>
<td>Hamburger 3 oz</td>
<td>Ranch Chicken 4 oz</td>
<td>Turkey Meat sauce</td>
<td>Herb Crusted Cod 3 oz</td>
</tr>
<tr>
<td>WG Mac and Cheese 1/2 cup</td>
<td>WG bun 3 oz</td>
<td>WG Cous Cous 1/2 cup</td>
<td>Whole Grn Penne 1/2 cup</td>
<td>Egg Noodles 1/2 cup</td>
</tr>
<tr>
<td>Collard Greens 1/2 cup</td>
<td>Carrots 1/2 cup</td>
<td>Chef Cut Vegetables 1/2 cup</td>
<td>Green Beans 1/2 cup</td>
<td>Butternut Squash 1/2 cup</td>
</tr>
<tr>
<td>WG Corn Muffin 2 oz</td>
<td>Plum 1/2 cup</td>
<td>WG Biscuit 2 oz</td>
<td>WG Dinner roll 1 oz</td>
<td>WG Dinner roll 1 oz</td>
</tr>
<tr>
<td>Apple</td>
<td></td>
<td>Banana 1/2 cup</td>
<td>Pear 1/2 cup</td>
<td>Orange 1/2 cup</td>
</tr>
<tr>
<td>Chicken Parmigiana</td>
<td>Turkey Burger</td>
<td>Taco Salad</td>
<td>Meatball Subs</td>
<td>Salmon Cakes</td>
</tr>
<tr>
<td>Breaded chicken 3 oz</td>
<td>Turkey Burger 3 oz</td>
<td>Taco beef 2 oz Cheese 0.5 oz</td>
<td>Meatballs 3 oz Marinara 1 oz</td>
<td>Salmon cakes 4 oz</td>
</tr>
<tr>
<td>Manana 2 oz &amp; Cheese 1 oz</td>
<td>WG Bun 3 oz</td>
<td>Tossed Salad Mix 1 cup</td>
<td>WG Sub Roll, Parm Cheese</td>
<td>Rosemary potatoes 1/2 cup</td>
</tr>
<tr>
<td>WG Penne 1/2 cup</td>
<td>Sweet Potato Fries 1/2 cup</td>
<td>WG Tortilla chips 2 oz</td>
<td>Succotash 1/2 cup</td>
<td>Vegetable Medley 1/2 cup</td>
</tr>
<tr>
<td>Green beans 1/2 cup</td>
<td>Plum 1/2 cup</td>
<td>Taco sauce 2 pkts</td>
<td>Pear 1/2 cup</td>
<td>WG Corn muffin 3 oz</td>
</tr>
<tr>
<td>WG dinner roll 1 oz</td>
<td></td>
<td>Banana 1/2 cup</td>
<td></td>
<td>Orange 1/2 cup</td>
</tr>
<tr>
<td>Apple 1/2 cup</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Country Fried chicken steak</td>
<td>Hot dogs</td>
<td>Orange Chicken</td>
<td>Sloppy Joe’s</td>
<td>Breaded Fish Patty</td>
</tr>
<tr>
<td>Chicken 3 oz</td>
<td>All beef hotdog 3 oz</td>
<td>Orange chicken 4 oz</td>
<td>Sloppy Joe 3 oz</td>
<td>Fish patty 3 oz</td>
</tr>
<tr>
<td>Roasted Potatoes 1/2 cup</td>
<td>WG bun 3 oz</td>
<td>WG Fried rice 1/2 cup</td>
<td>WG Bun 2 oz</td>
<td>Winter Vegetable blend 1/2 cup</td>
</tr>
<tr>
<td>Fall Vegetable Medley 1/2 cup</td>
<td>Carrots 1/2 cup</td>
<td>WG dinner roll 1 oz</td>
<td>Chief cut vegetables 1/2 cup</td>
<td>Potato wedges 1/2 cup</td>
</tr>
<tr>
<td>WG Corn muffin 3 oz</td>
<td>Baked beans 1/2 cup</td>
<td>Tater tots 1/2 cup</td>
<td>Tater tots 1/2 cup</td>
<td>WG Buns 2 oz</td>
</tr>
<tr>
<td>Apple 1/2 cup</td>
<td>Ketchup/mustard 1 ea</td>
<td>Pear 1/2 cup</td>
<td>Pear 1/2 cup</td>
<td>Orange 1/2 cup</td>
</tr>
<tr>
<td>Grilled Chicken Sandwich</td>
<td>Swedish Meatballs</td>
<td>Chef Salad</td>
<td>Salisbury Steak</td>
<td>Pizza</td>
</tr>
<tr>
<td>Grilled Chicken 2 oz</td>
<td>Meatballs w/ gravy 3 oz</td>
<td>Hard boiled egg, turkey, cheese</td>
<td>Salisbury Steak 3 oz</td>
<td>WG Pizza 3 oz</td>
</tr>
<tr>
<td>Sweet Potato Fries 1/2 cup</td>
<td>Egg Noodles 1/2 cup</td>
<td>Tossed salad mix 1 cup</td>
<td>Mashed Potatoes 1/2 cup</td>
<td>Marinara 3 oz, Cheese 1 oz</td>
</tr>
<tr>
<td>Cauliflowers 1/2 cup</td>
<td>Broccoli 1/2 cup</td>
<td>WG Biscuit 2 oz</td>
<td>Green Beans 1/2 cup</td>
<td>Tossed Salad 1/2 cup</td>
</tr>
<tr>
<td>Whole Grain Bun 2 oz</td>
<td>Apple 1/2 cup</td>
<td>Salad dressing 2 pkts</td>
<td>Whole Grain Roll 1 oz</td>
<td>Orange 1/2 cup</td>
</tr>
<tr>
<td>Apple 1/2 cup</td>
<td></td>
<td>Banana 1/2 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Chicken Drumsticks</td>
<td>Beef w/ Broccoli</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Chicken Drumsticks</td>
<td>Beef w/ Broccoli</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Drumsticks 2 oz</td>
<td>Julienne Beef 3 oz</td>
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</tr>
<tr>
<td>WG Mac and Cheese 1/2 cup</td>
<td>Brown Rice 1/2 cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collard Greens 1/2 cup</td>
<td>Broccoli 1/2 cup</td>
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<tr>
<td>WG Corn Muffin 2 oz</td>
<td>WG Dinner Roll 2 oz</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple 1/2 cup</td>
<td>Plum 1/2 cup</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

50% Juice of Milk served with all meals | Snack served with all meals |