



	MON	TUE	WED	THU	FRI
WEEK 1	3 HERBED-ROASTED PORK LOIN WHOLE GRAIN ROLL ROASTED CARROTS & RED POTATOES WATERMELON	4 GREEN CHICKEN POZOLE CABBAGE, RADISH & CARROTS MANGO	5 WHOLE GRAIN SPAGHETTI & MEATBALLS STEAMED BROCCOLI HONEYDEW	6 BAKED COD STICKS WHOLE GRAIN ROLL SPINACH SALAD W/CARROTS & TOMATOES MIXED BERRIES	7 VEGGIE BREAKFAST BURRITO EGG, BLACK BEANS & CHEESE, WHOLE GRAIN TORTILLA NOPALE SALAD STRAWBERRIES
WEEK 2	10 LEMON HERB CHICKEN BROWN RICE GREEN BEANS MIXED BERRIES	11 BEEF PATTY MELT WHOLE GRAIN BREAD GARDEN SALAD PINNAPLE	12 ASIAN CHICKEN SALAD BROWN RICE CABBAGE, CARROTS, CUCUMBER & BELL PEPPERS MANDRIN ORANGES	13 EGG SCRAMBLE BURRITO EGG & CHESSE ON A WHOLE GRAIN TORTILLA SPINACH, PEPPERS, ONIONS & MUSHROOMS ORANGE SLICES	14 BBQ PULLED CHICKEN WHOLE GRAIN ROLL ROASTED BROCCOLI WATERMELON
WEEK 3	17 TURKEY RANCH WHOLE GRAIN WRAP SPINACH, SHREDDED CARROTS, CUCUMBERS, TOMATOES LIGHT RANCH DRESSING GRAPES	18 GRILLED CHICKEN LO MEIN BROCCOLI, BOK CHOY, ZUCCHINI, PEPPERS & CARROTS MANDARIN ORANGES	19 PESTO WHOLE GRAIN PASTA TURKEY SAUSAGE TOMATO, CUCUMBER & MUSHROOM SALAD CANTALOUPE	20 TUNA SALAD SANDWICH ON WHOLE GRAIN BREAD CARROTS & BELL PEPPERS APPLE SLICES	21 TURKEY SAUSAGE & EGG WHOLE GRAIN FRENCH TOAST VEGETABLE MEDLEY GRAPES
WEEK 4	24 BEEF TAMALES NOPALES & PICO DE GALLO SIMPLE BEAN SALAD PINAPPLE	25 GRILLED CHICKEN SANDWICH ON A WHOLE GRAIN BUN BROCCOLI & CARROTS PEACHES	26 TURKEY MEATBALL SOUP WHOLE GRAIN PASTA HOUSE SALAD MELON MIX	27 MEATLOAF WHOLE GRAIN ROLL SPINACH SALAD WATERMELON	28 TURKEY & CHEESE SANDWICH ON WHOLE GRAIN BREAD CARROT & CUCUMBER SALAD BLUEBERRIES
WEEK 5	31 HERBED CHICKEN SANDWICH ON A WHOLE GRAIN BUN ROASTED CARROTS & ZUCCHINI CANTALOUPE	1 VEGETABLE CHICKEN NOODLE SOUP WITH WHOLE GRAIN NOODLES CARROTS, CELERY & TOMATOES WATERMELON	2 TURKEY BURGER ON A WHOLE GRAIN BUN LETTUCE, TOMATO, CUCUMBER & MUSHROOMS MIXED BERRIES	3 SOUTHWEST CHICKEN WRAP LETTUCE TOMATO, CORN, BLACK BEANS, BELL PEPPERS MILD SALSA ON THE SIDE PINAPPLE	4 EGG, TURKEY & SPINACH BREAKFAST SANDWICH ON A WHOLE GRAIN ENGLISH MUFFIN SPINACH, PEPPERS & ONIONS ORANGE SLICES