

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Baked Spaghetti, 1 serving Breadstick, 1/2 Breadstick Chopped Romaine Lettuce, Cup Italian Dressing, Packet Watermelon, Slice Milk, 8 FL OZ	Baked Salmon, 3 oz Garlic Butter Rice, 1/2 Cup Asparagus, 1/2 cup Sherbet, 1 each Milk, 8 FL OZ	LS Buttered Chicken, servings Potato Wedges, 1/2 cup Sugar Snap Peas, 1/2 cup Berry Medley, 1/2 cup Milk, 8 FL OZ	Hamburger on a Bun, Sandwich Green Beans, 1/2 cup Marble Cheesecake Brownie, 2x3 square Milk, 8 FL OZ	Country Style Pork Ribs, 4 ounces Scalloped Potatoes, servings Brussels Sprouts, 1/2 cup Grapes, 1/2 cup Milk, 8 FL OZ
8	9	10	11	12
Beef Porcupines, 2 Balls Low Sodium Hash Brown Casserole, 4oz Ladle Sugar Snap Peas, 1/2 cup Strawberry Fluff, 1/2 cup Milk, 8 FL OZ	Chicken in Orange Sauce, 3 ounces Rice, 1/2 cup Vegetable Blend, 1/2 cup Fresh Fruit, 1/2 cup Milk, 8 FL OZ	Tomato Spinach Pasta, 1/2 Cup Garlic Bread, Slice Asparagus, 1/2 cup Gelatin, 2x2.5 square Milk, 8 FL OZ	Low Sodium Beef Stroganoff, 4 oz ladle Egg Noodles, 1/2 cup Mixed Vegetables, 1/2 cup Apricot Halves, 1/2 cup Milk, 8 FL OZ	Fish Fillet, 3 ounces Tartar Sauce, Packet Garden Blend Rice, 1/2 cup Baby Carrots, 1/2 cup Apple Crisp, 1/2 cup Milk, 8 FL OZ
15	16	17	18	19
Meatloaf, 3 ounces Mashed Potatoes, 1/2 cup Low Sodium Brown Gravy, 2 oz ladle Vegetable Blend, 1/2 cup Applesauce, 4 oz ladle Milk, 8 FL OZ	LS Beef Country Fried Steak, Servings Garlic Mashed Potatoes, 1/2 cup Low Sodium Cream Gravy, 2 oz ladle Green Beans, 1/2 cup Cookie, Cookie Milk, 8 FL OZ	Roast Beef, 3 ounces Corn Mac, serving California Blend Vegetables, servings Fresh Banana, Banana Milk, 8 FL OZ	Hamburger on a Bun, Sandwich [2] Vegetable Blend, 1/2 cup Red Star Cake, Servings Milk, 8 FL OZ	Creamy Italian Sausage Pasta, Servings Garlic Bread, Slice Cauliflower, 1/2 cup Tropical Fruit, 1/2 cup Apple Juice, 4 FL OZ
22	23	24	25	26
LS Buttered Chicken, servings Sour Cream Mashed Potatoes, 1/2 cup Whole Kernel Corn, 1/2 cup Pudding, 1/2 cup Milk, 8 FL OZ	Chicken Broccoli & Rice Casserole, 2/3 cup Vegetable Blend, Servings Dinner Roll, Roll Butter or Margarine, Packet Diced Peaches, 1/2 cup Milk, 8 FL OZ	Panko Herb Crusted Fish, 3 ounces Baked Potato, Each Sour Cream, Packet Butter or Margarine, Packet Asparagus, 1/2 cup Apple Crumb Cake, 2x3 square Milk, 8 FL OZ	Lo Na Meatsauce, 4 oz Spaghetti Noodles, 1/2 cup Garlic Bread, Slice Zucchini, 1/2 cup Pineapple Tidbits, 1/2 cup Milk, 8 FL OZ	Macaroni and Cheese with Pork, 6 oz ladle Green Beans, 1/2 cup Chocolate Peanut Butter Bar, 2x3 square Milk, 8 FL OZ
29	30			
Lo Na Sloppy Joe on Bun, sandwiches Diced Red Skin Potatoes, 1/2 cup Baby Carrots, 1/2 cup Mango Cup, 1/2 cup Milk, 8 FL OZ	Sweet Sour Chicken, Servings Lo Na Steamed Rice, 1/2 cup Lo Na Stir Fry Vegetables., 1/2 cup Lemon Bar, 2x3 square Milk, 8 FL OZ			