

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Meatloaf Low Sodium Macaroni & Cheese Brussels Sprouts Fruit Cocktail Milk	Panko Herb Crusted Fish Cheesy Rice Broccoli Cuts Peach Crisp Milk	Bacon Cheeseburger Casserole Garlic Bread Cauliflower Tropical Fruit Milk	Chicken Carnitas <i>Shredded Lettuce and Diced Tomato</i> Spanish Rice Vegetable Blend Red Star Cake Milk	Low Sodium Alfredo Sauce Grilled Chicken Strips Fettuccine Noodles Garlic Toast Vegetable Blend Fruit Mix Milk
9	10	11	12	13
Low Sodium Honey Garlic Chicken Baked Sweet Potato Zucchini Cookie Milk	Low Sodium Smothered Pork Cutlet Sour Cream Mashed Potatoes Green Beans Applesauce Milk	Stuffed Green Pepper Casserole Vegetable Blend Strawberry Chiffon Pie Milk	Seasoned Chicken Breast Baked Potato <i>Butter or Margarine</i> <i>Sour Cream</i> Winter Vegetable Blend Blushing Pears Milk	Low Sodium Swedish Meatballs <i>Egg Noodles</i> Vegetable Blend Mixed Berry Cobbler Milk
16	17	18	19	20
Hamburger on a Bun Ketchup and Mustard Green Beans Grapes Milk	Cornflake Chicken Mashed Potatoes <i>LS Chicken Gravy</i> Baby Carrots Cherry Crisp Milk	Panko Herb Crusted Fish Tartar Sauce Bread with Margarine Zucchini Sherbet Milk	LS Beef Country Fried Steak Mashed Potatoes LS Country Gravy Vegetable Blend Fresh Fruit Cup Milk	Lo Na Ziti Baked with Meatsauce Garlic Bread Cauliflower Mandarin Oranges Milk
23	24	25	26	27
LS Beef Vegetable Stew Unsalted Saltine Crackers Broccoli Florets French Cherry Dessert Milk	Chicken Alfredo Pesto Pasta Garlic Bread Green Beans Fruit Cup Milk	Baked Salmon Garden Blend Rice Vegetable Blend Cinnamon Baked Apples Milk	Low Sodium Chicken Cordon Bleu Oven Roasted Potatoes Roasted Brussels Sprouts Fresh Banana Milk	Turkey Pot Roast Mashed Potatoes <i>Low Sodium Cream Gravy</i> Baby Carrots Chocolate Chip Cookie Milk
30	31			
LS Buttered Chicken Low Sodium Macaroni & Cheese Vegetable Blend Berry Medley Milk	LS Chicken & Noodles Mashed Potatoes Winter Vegetable Blend Snickerdoodle Cookie Milk			