

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roast Beef Mashed Potatoes Low Sodium Brown Gravy Baby Carrots Dessert Pudding Layer CR Skim Milk	2 Meatloaf Low Sodium Macaroni & Cheese Brussels Sprouts Fruit Cocktail Milk
5 Chicken Carnitas Shredded Lettuce and Diced Tomato Spanish Rice Vegetable Blend Red Star Cake Milk	6 Low Sodium Alfredo Sauce Grilled Chicken Strips Fettuccine Noodles Garlic Toast Vegetable Blend Fruit Mix Milk	7 Roast Beef with Noodles and Sauce Mashed Potatoes Asparagus Milk	8 Baked Herb Fish Tartar Sauce Potato Wedges Vegetable Blend Apricot Halves Milk	9 Low Sodium Honey Garlic Chicken Baked Sweet Potato Zucchini Cookie Milk
12 Seasoned Chicken Breast Baked Potato Butter or Margarine Sour Cream Winter Vegetable Blend Blushing Pears Milk	13 Low Sodium Swedish Meatballs Egg Noodles Vegetable Blend Mixed Berry Cobbler Milk	14 Cube Steak Mashed Potatoes Low Sodium Brown Gravy Mixed Vegetables Cinnamon Baked Apples Milk	15 Aloha Chicken Rice Broccoli & Cauliflower Frosted Banana Bars Milk	16 Hamburger on a Bun Ketchup and Mustard Green Beans Grapes Milk
19 LS Beef Country Fried Steak Mashed Potatoes LS Country Gravy Vegetable Blend Fresh Fruit Cup Milk	20 Lo Na Ziti Baked with Meatsauce Garlic Bread Cauliflower Mandarin Oranges Milk	21 Chicken Adobado Baked Sweet Potato Baby Carrots Sugar Cookie Milk	22 Low Sodium Chicken Bacon Pasta Vegetable Blend Apple Oatmeal Bar Milk	23 LS Beef Vegetable Stew Unsalted Saltine Crackers Broccoli Florets French Cherry Dessert Milk
26 Low Sodium Chicken Cordon Bleu Oven Roasted Potatoes Roasted Brussels Sprouts Fresh Banana Milk	27 Turkey Pot Roast Mashed Potatoes Low Sodium Cream Gravy Baby Carrots Chocolate Chip Cookie Milk	28 Low Sodium Hamballs Low Sodium Hash Brown Casserole Vegetable Blend Grapes Milk	29 Low Sodium Pizza Pasta Casserole Garlic Toast Roasted Broccoli Sugar Cookie Milk	30 LS Buttered Chicken Low Sodium Macaroni & Cheese Vegetable Blend Berry Medley Milk