

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Roast Beef Mashed Potatoes Low Sodium Brown Gravy Baby Carrots Dessert Pudding Layer CR Skim Milk
4 Bacon Cheeseburger Casserole Garlic Bread Cauliflower Tropical Fruit Milk	5 LS Beef & Noodles Mashed Potatoes Bermuda Vegetable Blend Red Star Cake Milk	6 Chicken Alfredo with Garlic Bread Fettuccine Noodles Vegetable Blend Fruit Mix Milk	7 Chicken Florentine with Spinach Sour Cream Mashed Potatoes Asparagus Chocolate Oatmeal Bars Milk	8 Meatballs with Noodles Peas & Carrots Apricot Halves Milk
11 Stuffed Green Pepper Casserole Dinner Roll Margarine Vegetable Blend Strawberry Gelatin Milk	12 Korean Grilled Chicken Scalloped Potatoes Winter Vegetable Blend Blushing Pears Milk	13 Low Sodium Swedish Meatballs <i>Egg Noodles</i> Vegetable Blend Mixed Berry Cobbler Milk	14 Cube Steak Mashed Potatoes Low Sodium Brown Gravy Mixed Vegetables Cinnamon Baked Apples Milk	15 Bruschetta Chicken Scalloped Potatoes Reduced Sodium Broccoli & Cauliflower Blueberry Cheesecake Bars <i>Blueberry Cheesecake Bar</i> Milk
18 LS Beef Country Fried Steak Mashed Potatoes LS Country Gravy Zucchini & Yellow Squash Fresh Fruit Milk	19 Panko Herb Crusted Fish Tartar Sauce Baked Potato Sour Cream Butter or Margarine Vegetable Blend Sherbet Milk	20 Lo Na Ziti Baked with Meatsauce Garlic Bread Baby Carrots Mandarin Oranges Milk	21 Chicken Adobado Baked Sweet Potato Asparagus Sugar Cookie Milk	22 LS Beef Tater Tot Casserole Brussels Sprouts Apple Oatmeal Bar Milk
25 Baked Salmon Garden Blend Rice Vegetable Blend Cinnamon Baked Apples Milk	26 Low Sodium Chicken Cordon Bleu Oven Roasted Potatoes Roasted Brussels Sprouts Fresh Banana Milk	27 Shrimp Alfredo with Fettuccine Garlic Bread Green Beans Chocolate Chip Cookie Milk	28 Low Sodium Hamballs Low Sodium Hash Brown Casserole Vegetable Blend Grapes Milk	29 Low Sodium Pizza Pasta Garlic Bread Roasted Broccoli Sugar Cookie Milk