




(530) 926-4611

2020

NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 GREAT NORTHERN - services -		4 WHOLE GR. SPAGHETTI W/MEAT SAUCE GREEN BEANS WHOLE GRAIN ROLL FRESH PEAR	5 REFRIED BEAN BURRITO LIME & CILANTRO BR. RICE WHOLE GRAIN TORTILLA MEXI COLESLAW ORANGE	6 BAKED CHICKEN SESAME ASIAN NOODLE SALAD W/RED PEPPERS WHOLE GRAIN ROLL GRAPES	7 EGG SALAD SANDWICH WHOLE GRAIN BREAD SPINACH SALAD W/MANDARINS WATERMELON BROWNIE
	ALL MEALS INCLUDE 1% MILK & BUTTER	10 <i>SENIOR DINING CENTER CLOSED ON MONDAYS</i>	11 BEEF CHILI SPINACH SALAD W/EGG AND MANDARINS CORN BREAD MUFFINS	12 VEGGIE LASAGNA SPINACH GARDEN SALAD GARLIC BREAD GRAPES	13 ROASTED CHICKEN BEET SALAD GARLIC OVEN POTATOES ORANGE
PLEASE NOTE: MENUS SUBJECT TO CHANGE WITH RD APPROVAL	17 	18 HAMBURGERS WHOLE GRAIN BUN LETTUCE/TOMATO SLICE OVEN FRIES COLESLAW BANANA	19 CHICKEN SOFT TACOS WHOLE GRAIN TORTILLA BLACK BEANS LETTUCE & TOMATOES SPANISH BROWN RICE SALSA ORANGE	20 TORTELLINI W/ALFREDO SAUCE ZUCCHINI W/RED PEPPERS WHOLE GRAIN ROLL PEAR	21 TURKEY SANDWICH WHOLE GRAIN BREAD LETTUCE/TOMATO SLICE APPLE COLESLAW GRAPES
		25 BEEF TIPS & GRAVY WHOLE GRAIN NOODLES SPINACH SALAD W/MANDARINS WHOLE GRAIN ROLL BANANA	26 MEXICAN MAC & CHEESE BROCCOLI WHOLE GRAIN ROLL CANTALOUPE & BLUEBERRIES	27 BBQ CHICKEN SWEET POTATO FRIES STRING BEANS WHOLE GRAIN ROLL ORANGE	28 HAM & CHEESE SANDWICH WHOLE GRAIN BREAD LETTUCE/TOMATO SLICE MACARONI SALAD (INCL. RED PEPPERS) BANANA
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* MEAL CONTAIN MORE THAN 1000 MG SODIUM