




NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Senior Nutrition Closed Fridays
ALL MEALS INCLUDE 1% MILK & BUTTER	4 Turkey Chili Corn Bread Spinach salad with egg and Mandarin Slices	5 Chicken Broccoli Alfredo Carrots Whole Wheat Roll Sliced Peaches	6 Beef Tips and Gravy Egg Noodles Brussel sprouts Pineapple and Mandarins Whole Wheat Roll	7 Baked Fish Broccoli Lemon Herb Rice Coleslaw Fruit Cocktail	8 
PLEASE NOTE: MENUS SUBJECT TO CHANGE WITH RD APPROVAL	11 Pulled Pork Sandwich on a Whole wheat roll Potato Wedges Green Salas Strawberry Applesauce	12 Teriyaki Chicken Seamed Cabbage Rice Carrot Salad	13 Meat loaf Mashed Potatoes Spinach Whole Wheat Roll Grape Juice	14 Spaghetti Zucchini Whole Wheat Roll Marinated Salad	15 
	18 Baked Chicken Stuffing Broccoli Tomato Slices Peaches	19 Beef Stew with carrots and Potatoes Corn Bread Fruit Cocktail Apple Juice	20 Sliced Turkey and Gravey Baked Sweet Potatoes Brussel Sprouts Whole Wheat Roll Pears	21 Barley Beef Soup Spinach Salad with Egg Strawberries and Banana Multi Grain Crackers	22
	25 Fish Sandwich with Lettuce and Tomato on a whole wheat bun Potato wedges Coleslaw Mixed Berries	26 Broccoli Beef Egg Noodles Carrots Garden Salad	27 Chicken and Spinach Enchaladas with salsa Black beans Mexi Corn Applesauce	28 Chicken Vegetable Soup Egg Salad Sandwich Whole Wheat Crackers Strawberry Applesauce	***** Monday 31***** Hamburger with onion, lettuce, tomato on a whole wheat bun Macaroni salad Multi grain chips Mandarins and Pineapple

* MEAL CONTAIN MORE THAN 1000 MG SODIUM