



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>				<p>1 Beef Philly cheese steak w/ peppers and onions WW bun Sweet potato fries Watermelon Vanilla cupcake</p>
<p>SENIOR NUTRITION CLOSED ON FRIDAYS</p>	<p>5 CLOSED</p>	<p>6 Beef fajitas w/ onions and peppers WW tortillas Lime cilantro brown rice Orange</p>	<p>7 Creamed turkey over wild rice Peas and carrots Apricots WW roll</p>	<p>8 Chicken and broccoli fettucini alfredo Garden salad w/ peppers WW garlic bread Applesauce</p>
<p>ALL MEALS INCLUDE 1% MILK AND BUTTER</p>	<p>12 Veggie rigatoni w/ Mozzarella cheese Garden salad w/ garbanzo beans WW roll Banana</p>	<p>13 Ground turkey & wild rice stuffed bell pepper Zucchini w/ tomatoes Green grapes WW roll</p>	<p>14 Chicken & spinach enchilada WW tortilla Black beans Mexi corn Fresh pear</p>	<p>15 1/2 tuna salad sandwich WG bread Minestrone soup MG crackers Strawberry applesauce Oatmeal raisin cookie</p>
<p>GREAT NORTHERN services</p>	<p>19 Chicken tacos corn tortillas Lettuce, tomato, onion salsa & sour cream Spanish brown rice Pineapples & mandarins</p>	<p>20 Ground beef chili w/ beans Spinach salad w/ egg and mandarins Corn bread Bananas & strawberries</p>	<p>21 Swiss Chard frittata Oven potatoes w/ peppers and onions Apple Orange juice Bran muffin w/ raisins</p>	<p>22 Mexican mac n' cheese w/ ground beef Broccoli Tangerine WW roll</p>
<p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>26 Baked chicken w/ veggies Spinach salad Orange WW roll</p>	<p>27 Sweet & sour pork w/ pineapple & r. pepper Brown rice Carrots w/ ginger Peaches and pears</p>	<p>28 Meatloaf with Gravy Mashed Red Potatoes Cooked Spinach WW Roll Cantaloupe</p>	<p>29 1/2 Egg salad sandwich lettuce & tomato WG bread Pork posole soup Red grapes Vanilla pudding w/ banana</p>