

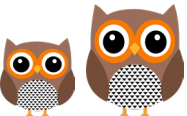







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>PLEASE NOTE</b> MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>	<p>3 Turkey pot pie w/ mixed veggies Spinach salad w/ egg &amp; mandarins Peach WW roll</p>	<p>4 Pork tenderloin Baked sweet potato Brussel sprouts Applesauce WW roll</p>	<p>5 Chicken,cheese, and rice burrito on WW tortilla Black beans w/ sour cream and salsa Mexi coleslaw Tangerine</p>	<p>6 Fresh cod filet w/ garlic butter and lemon Lemon &amp; herb brown rice Summer squash w/ peppers Caesar salad Tangerine WW roll</p> 
<p>SENIOR NUTRITION CLOSED ON FRIDAYS</p> 	<p>10 Chicken Parmesean over wild rice Lima beans and carrots Mixed berries w/ greek yogurt WW roll</p>	<p>11 Spaghetti w/ meat sauce WW noodles Green beans Peaches WG garlic breadstick</p>	<p>12 Baked chicken Sweet potato fries Cucumber &amp; tomato marinated salad Cantaloupe WW roll</p>	<p>13 Beef stew w/ carrots and potatoes Cornbread muffin w/ corn Garden salad w/ beets and red peppers Fruit cocktail brownie</p>
<p>ALL MEALS INCLUDE 1% MILK AND BUTTER</p> 	<p>17 Cheeseburger on WW bun Lettuce and tomato Broccoli slaw Green grapes</p>	<p>18 Chicken Adobo w/ potato and egg Brown rice Peas and cabbage Plum WW roll</p>	<p>19 Beef barley soup 1/2 turkey sandwich w/ lettuce and tomato WG bread Strawberry applesauce</p>	<p>20 Egg,sausage,spinach and cheese breakfast burrito WW tortilla Oven potatoes w/ peppers and onions Red grapes</p>
<p>GREAT NORTHERN -services-</p> 	<p>24 Broccoli Beef over egg noodles Ginger honey carrots Pineapple and mandarins WW roll</p>	<p>25 Chicken, mushroom &amp; linguini w/ pesto Zucchini w/ tomatoes Peach WW roll</p>	<p>26 Pork roast with gravy Mashed red potatoes Sauteed kale Pears WW roll</p>	<p>27 Butternut squash soup 1/2 grilled cheese sand WG bread Garden salad w/ kidney bns Bananas &amp; strawberries pumpkin bread</p>
<p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>  	<p>31 Cheese tortellini w/ marinara sauce, peppers, onions, spinach Orange WW garlic bread</p> 