

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>	<p>30</p>	<p>31</p>	<p>1</p> <p>Stuffed potato with broccoli and cheese Garden salad w/ peppers Whole wheat roll Fruit cocktail</p>	<p>2</p> <p>Chicken,cheese, and rice burrito on WW tortilla w/ sour cream & salsa Mexi coleslaw Tangerine Vanilla cupcake</p>
<p>SENIOR NUTRITION CLOSED ON FRIDAYS</p>	<p>6</p> <p>Beef Philly cheese steak w/ peppers and onions WW bun Sweet potato fries Mixed berries</p>	<p>7</p> <p>Cheese tortellini w/ marinara sauce, peppers, onions, spinach Green beans Orange WW garlic bread</p>	<p>8</p> <p>Orange Chicken over brown Rice Spinach Salad w/ egg and Mandarins WW Roll Red Grapes</p>	<p>9</p> <p>Fresh cod filet w/ garlic butter and lemon Lemon & herb brown rice Summer squash w/ r.pepp Caesar salad Apricots WW roll</p>
<p>ALL MEALS INCLUDE 1% MILK AND BUTTER</p>	<p>13</p> <p>Pork tenderloin Baked sweet potato Brussel sprouts Applesauce WW roll</p>	<p>14</p> <p>Chicken, mushroom & linguini w/ pesto Zucchini w/ tomatoes Peaches WW roll</p>	<p>15</p> <p>Butternut squash soup 1/2 grilled cheese sand WG bread Garden salad w/ kidney bns Bananas & strawberries</p>	<p>16</p> <p>Pot Roast w/ carrots and potatoes Cornbread muffin w/ corn Garden salad w/ beets and red peppers Fruit cocktail in jello</p>
<p>GREAT NORTHERN -services-</p>	<p>20</p> <p>CLOSED</p>	<p>21</p> <p>Egg,sausage,spinach and cheese breakfast burrito WW tortilla Oven potatoes w/ peppers and onions Red grapes</p>	<p>22</p> <p>Baked chicken Sweet potato fries Cucumber & tomato marinated salad Cantaloupe WW roll</p>	<p>23</p> <p>1/2 Egg Salad Sandwich w/ lettuce and tomato on whole grain bread Minestrone Soup Tangerine Multi Grain Crackers</p>
<p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>27</p> <p>Polenta veggie Casserole w/ mozzaarella Garden salad w/ kidney bns Strawberry Applesauce WG garlic breadstick</p>	<p>28</p> <p>Broccoli Beef over egg noodles Ginger honey carrots Pineapple & mandarins WW roll</p>		