



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>				
<p>SENIOR NUTRITION CLOSED ON FRIDAYS</p>	<p>4 Veggie frittata Oven potatoes w/ peppers and onions Mixed berries & yogurt WW English Muffin</p>	<p>5 Stuffed Bell Peppers w/turkey and wild Rice Salad with beets & cucumber cantaloupe & honeydew Whole Grain Roll</p>	<p>6 1/2 Egg Salad Sandwich w/ lettuce and tomato on whole grain bread Beef Barley Soup Tangerine WG bread</p>	<p>7 Cheeseburger on a Whole Wheat bun lettuce and tomato Sweet Potato Fries Red Grapes Jello w/banana</p>
<p>ALL MEALS INCLUDE 1% MILK AND BUTTER</p>	<p>11 Chicken Soft Taco w/ lettuce, tomato & onion Spanish Brown Rice Black Beans Orange</p>	<p>12 Roasted Chicken Pea Salad Oven Garlic Potatoes Apricots Whole Wheat Roll</p>	<p>13 Sweet & Sour Pork w/ pineapple & peppers over brown rice Chinese Cabbage Salad Peaches</p>	<p>14 1/2 Turkey Sandwich w/ lettuce and tomato on whole grain Bread Veggie Soup mandarins & tropical fruit Multigrain crackers</p>
<p>GREAT NORTHERN -services-</p>	<p>18 Chicken ole w/ corn tortillas Sumr squash w/ red pep Tangerine WW roll</p>	<p>19 Veggie & cheese rigatoni 3 bean salad Applesauce WW roll</p>	<p>20 Beef Chili Spinach Salad with Egg Strawberries and Bananas Cornbread</p>	<p>21 Baked Ham Baked sweet potatoes Roasted Brussel Sprouts Peaches WW roll Carrot Cake</p>
<p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>25 CLOSED</p>	<p>26 CLOSED</p>	<p>27 CLOSED</p>	<p>28 CLOSED</p>

