













Monday	Tuesday	Wednesday	Thursday	Friday
 Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume  - Vegetarian Entrée				Independence Day  BBQ Pork Rib Patty* Tossed Salad Ranch Beans Hamburger Bun Peach Cobbler Milk Ranch Salad Dressing Diet – Spiced Peaches Cal: 976 30.4gm Fat 1
Closed for Holiday	Creole Beef* Green Peas with Onions Sliced Carrots Whole Wheat Bread Fudge Cream Cookie Milk Margarine Diet – Same Cal: 739 29.2gm Fat 5	Turkey Spaghetti Tossed Salad Green Beans Whole Wheat Breadstick Apple Cobbler Milk Margarine Ranch Salad Dressing Diet – Mandarin Oranges Cal: 813 30.9gm Fat 6	Asian Ginger Diced Chicken#*  Fried Rice Broccoli Whole Wheat Bread Fresh Fruit Birthday Cake  Milk Margarine Diet – Same Cal: 810 26.9gm Fat 7	Tuna Pasta Salad  Marinated Vegetable Salad#  Pickled Beets Saltine Crackers Fresh Fruit Milk Diet – Same Cal: 752 16.7gm Fat 8
Spanish Beef Patty#* Yellow Rice Peas and Carrots Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 655 21.8gm Fat 11	Balsamic Baked Chicken Thigh# Couscous Catalina Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet – Same Cal: 861 33.1gm Fat 12	Glazed Ham Mashed Spiced Yams Mixed Greens Cornbread Fresh Fruit Milk Margarine Diet – Same Cal: 678 23.2gm Fat 13	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits Cal: 840 24.6gm Fat 14	Vegetable Lasagna   Squash Medley Dilled Carrots Whole Wheat Breadstick Fruited Strawberry Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 603 14.7gm Fat 15
Lemon Pepper Fish Cheesy Garlic Polenta# Spring Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 730 26.9gm Fat 18	Beef Chili with Beans Rice Green Beans Saltine Crackers Banana Pudding Milk Diet – Vanilla Pudding Cal: 804 18.2gm Fat 19	Sliced Turkey Breast  Swiss Cheese Lettuce and Tomato Green Pea Salad Whole Wheat Bread (2) Fresh Fruit Milk Mustard Diet – Same Cal: 609 15.8gm Fat 20	Country Fried Steak*  Country Gravy Whipped Potatoes Squash/Zucchini/Tomato Dinner Roll Fruited Orange Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 898 30.1gm Fat 21	King Ranch Casserole Tossed Salad Confetti Rice Whole Wheat Bread Cranapple Cobbler Milk Margarine Diet – Cinnamon Applesauce Cal: 858 29.9gm Fat 22
Swiss Steak* Delmonico Potatoes Italian Green Beans Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 652 25.3gm Fat 25	Cheese Ravioli with Marinara#  Broccoli Sliced Carrots Whole Wheat Breadstick Oatmeal Cream Cookie Milk Margarine Diet – Same Cal: 676 21.7gm Fat 26	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Spiced Peaches Cal: 853 24.6gm Fat 27	Ham and Black-Eyed Peas Country Tomatoes Turnip Greens Hamburger Bun Fresh Banana Milk Margarine Diet – Same Cal: 633 20.7gm Fat 28	Oven Fried Chicken Thigh Lima Beans Capri Vegetables Dinner Roll Fruited Lime Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 916 32.7gm Fat 29