













Monday	Tuesday	Wednesday	Thursday	Friday
 Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume  - Vegetarian Entrée			Oven Fried Chicken Thigh Whole Kernel Corn Stewed Tomatoes Whole Wheat Bread Fresh Fruit <b>Birthday Cake</b>  Milk Diet – Same Cal: 887 34.4gm Fat 1	Hamburger Patty*  Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Mandarin Oranges Cal: 895 28.6gm Fat 5
Turkey Tetraxini Medley Cabbage Diced Beets Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 665 18.2gm Fat 5	Cajun Beef*# Parslied Potatoes Green Beans with Onions Whole Wheat Bread Fudge Cream Cookie Milk Margarine Diet – Same Cal: 713 29.5gm Fat 6	Baked Chicken Thigh Chicken Gravy Lima Beans California Vegetables Texas Bread Fruited Orange Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 916 32.2gm Fat 7	Tuna Salad  Pasta Salad Carrot Raisin Salad Saltine Crackers Fresh Banana Milk Diet – Same Cal: 609 12.4gm Fat 8	BBQ Pork Rib Patty*  Tossed Salad Stewed Tomatoes Hamburger Bun Apple Cobbler Milk Ranch Salad Dressing Diet – Cinnamon Applesauce Cal: 808 30.5gm Fat 9
Salisbury Steak* Whipped Potatoes Parslied Carrots Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet – Same Cal: 718 28.8gm Fat 12	King Ranch Chicken Casserole Confetti Rice Green Beans Whole Wheat Bread Creamsicle Pudding Milk Margarine Diet – Vanilla Pudding Cal: 712 18.6gm Fat 13	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Mixed Fruit Cal: 911 33.3gm Fat 14	Vegetable Lasagna   Cauliflower Squash/Zucchini/Tomatoes Whole Wheat Bread Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 609 16.4gm Fat 15	<b>Holiday</b>  Glazed Ham Au Gratin Potatoes Italian Green Beans Dinner Roll Gingerbread Cake Milk Margarine Diet – Same Cal: 682 22.2gm Fat 19
Swedish Chicken Meatballs* Parslied Penne Pasta Stewed Tomatoes Dinner Roll Fresh Fruit Milk Margarine Diet – Same Cal: 722 24.9gm Fat 19	Beef Fiesta Macaroni# Cauliflower Capri Vegetables Whole Wheat Breadstick Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 724 25.8gm Fat 20	Potato Crusted Fish  Marinated Carrots Black-Eyed Peas Whole Wheat Bread Apple Cobbler Milk Tartar Sauce Diet – Pineapple Tidbits Cal: 731 24.0gm Fat 21	Beef Chili with Beans Rice Mixed Vegetables Cornbread Gingerbread Cookie Milk Margarine Diet – Same Cal: 853 29.0gm Fat 22	<b>Closed for Holiday</b> Cal: 23
<b>Closed for Holiday</b> Cal: 26	Margarita Chicken Thigh# Yellow Rice Fiesta Vegetables Texas Bread Oatmeal Cream Cookie Milk Margarine Diet – Same Cal: 980 41.5gm Fat 27	Alfredo Dill Cheese Ravioli#  Green Beans with Onions Sliced Carrots Whole Wheat Breadstick Fresh Banana Milk Margarine Diet – Same Cal: 624 15.5gm Fat 28	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Sliced Peaches Cal: 911 33.3gm Fat 29	<b>New Year's Eve</b>  Glazed Turkey Ham Black-Eyed Peas Mixed Greens Cornbread Carnival Cookie Milk Margarine Diet – Cookie Cal: 716 28.4gm Fat 30