










Monday	Tuesday	Wednesday	Thursday	Friday
Meatloaf*  Tomato Gravy Garlic Whipped Potatoes Catalina Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 640 18.7gm Fat 3	Margarita Chicken Thigh# Yellow Rice Fiesta Vegetables Texas Bread Oatmeal Cream Cookie Milk Margarine Diet – Same Cal: 980 41.5gm Fat 4	Alfredo Dill Cheese Ravioli#  Green Beans with Onions Sliced Carrots Whole Wheat Breadstick Fresh Banana Milk Margarine Diet – Same Cal: 624 15.5gm Fat 5	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Fresh Fruit Birthday Cake  Milk Mayonnaise and Mustard Diet – Same Cal: 923 34.1gm Fat 6	Turkey Breast with Gravy  Macaroni and Cheese Broccoli Dinner Roll Banana Pudding Milk Margarine Diet – Vanilla Pudding Cal: 810 22.4gm Fat 7
Parmesan Chicken* Parslied Rice Cauliflower with Red Peppers Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 667 23.0gm Fat 10	Swiss Steak* Oven Roasted Potatoes Pacific Vegetables# Whole Wheat Bread Fig Bar Milk Margarine Diet – Same Cal: 711 26.9gm Fat 11	Turkey Pot Pie Diced Beets Squash/Zucchini/Tomatoes Dinner Roll Fresh Fruit Milk Margarine Diet – Same Cal: 672 18.8gm Fat 12	Beef Taco Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet – Spiced Apples Cal: 805 23.5gm Fat 13	Smoked Sausage  Lima Beans Collard Greens Cornbread Fruited Strawberry Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 787 26.6gm Fat 14
Vegetable Beef Soup Brussels Sprouts Squash Medley Dinner Roll Fresh Fruit Milk Margarine Diet – Same Cal: 647 22.8gm Fat 17	Turkey Noodle Casserole Green Beans Lemon Broccoli# Whole Wheat Breadstick Oatmeal Cream Cookie Milk Margarine Diet – Same Cal: 737 21.4gm Fat 18	Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Milk Margarine Diet – Same Cal: 612 20.4gm Fat 19	Oven Fried Chicken Thigh Whole Kernel Corn Stewed Tomatoes Whole Wheat Bread Fruited Lime Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 774 27.6gm Fat 20	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 21
Turkey Tetraxini Medley Cabbage Diced Beets Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 665 18.2gm Fat 24	Cajun Beef*# Parslied Potatoes Green Beans with Onions Whole Wheat Bread Fudge Cream Cookie Milk Margarine Diet – Same Cal: 713 29.5gm Fat 25	Baked Chicken Thigh Chicken Gravy Lima Beans California Vegetables Texas Bread Fruited Orange Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 916 32.2gm Fat 26	Tuna Salad  Pasta Salad Carrot Raisin Salad Saltine Crackers Fresh Banana Milk Diet – Same Cal: 609 12.4gm Fat 27	BBQ Pork Rib Patty*  Tossed Salad Stewed Tomatoes Hamburger Bun Apple Cobbler Milk Ranch Salad Dressing Diet – Cinnamon Applesauce Cal: 808 30.5gm Fat 28
Salisbury Steak* Whipped Potatoes Parslied Carrots Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet – Same Cal: 718 28.8gm Fat 31				 Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume  - Vegetarian Entrée