



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk
4 Indiana Style Chili Mac Mixed Vegetables Applesauce Corn Bread Milk	5 Oven Fried Chicken Thigh Whipped Sweet Potatoes Chopped Collard Greens Diced Pears Milk	6 Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Strawberry Applesauce Milk	7 Grilled Chicken w/Salsa & Cheese Black Beans Diced Carrots Corn Muffin Mandarin Oranges Milk	8 Sloppy Joe Roasted Sweet Potatoes Brussels Sprouts w/Onions Hamburger Bun Pineapple Milk
11 Chicken & White Bean Chili Corn Brussels Sprouts Corn Bread Mixed Fruit Milk	12 Pollock Amandine Spinach Scalloped Potatoes Diced Peaches Wheat Bread Milk	13 Braised Beef Over Egg Noodles Mixed Greens Diced Carrots Wheat Roll Applesauce Milk	14 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk	15 Vegetable Lasagna Diced Carrots Lima Beans Wheat Dinner Roll Diced Pineapple Milk
18 Country Fried Steak w/Gravy Spinach Baked Potato w/Smart Balance Tropical Fruit Milk	19 Pot Roast w/Gravy Key West Blend Mashed Potatoes Wheat Bread Orange Juice Milk	20 Potato Pollock Tartar Sauce Peas & Corn Collard Greens Wheat Bread Tropical Fruit Milk	21 Beef Stew Cut Corn Turnip Greens Wheat Bread Diced Peaches Milk	22 Southwest Omelet w/Cheese & Salsa Shredded Wheat Hash Browns Mixed Fruit Cup Milk
25 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Dinner Roll Diced Pears Milk	26 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Cake Milk	27 Country Ham & Beans Diced Carrots Diced Beets Corn Bread Diced Peaches Milk	28 Chicken Parmesan Key West Blend Mashed Potatoes Wheat Bread Stewed Apples w/Cherries & Almonds Milk	29 Potato Pollock Tartar Sauce Peas & Corn Collard Greens Wheat Bread Tropical Fruit Milk



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ginger BBQ Chicken 600 Calories 19 g Fat 12 g Fiber 418 mg Calcium 894 mg Sodium 87 g Carbohydrate
4 Chili Mac 679 Calories 23g Fat 9g Fiber 435 mg Calcium 647 mg Sodium 91 g Carbohydrate	5 Oven Fried Chicken 809 Calories 45 g Fat 8 g Fiber 571 mg Calcium 997 mg Sodium 68 g Carbohydrate	6 Pot Roast w/gravy 516 Calories 15 g Fat 7g Fiber 394 mg Calcium 559 mg Sodium 64 g Carbohydrate	7 Grilled Chicken 688 Calories 15 g Fat 9 g Fiber 582 mg Calcium 839 mg Sodium 90 g Carbohydrate	8 Sloppy Joe 630 Calories 19 g Fat 12 g Fiber 439 mg Calcium 895 mg Sodium 91 g Carbohydrate
11 Chicken and White Bean Chili 695 Calories 17 g Fat 11 g Fiber 521 mg Calcium 450 mg Sodium 100 g Carbohydrate	12 Pollock Almondine 658 Calories 27 Fat 6 g Fiber 536 mg Calcium 834 mg Sodium 62 g Carbohydrate	13 Braised Beef over Egg Noodles 569 Calories 19 g Fat 6 g Fiber 586 mg Calcium 674 mg Sodium 63 g Carbohydrate	14 Grilled hamburger 709 Calories 24 g Fat 9 g Fiber 589 mg Calcium 1026 mg Sodium 89 mg Carbohydrate	15 Veg Lasagna 697 Calories 17 g Fat 13 g Fiber 627 mg Calcium 646 mg Sodium 100 g Carbohydrate
18 Country Fried Steak 716 Calories 29 g Fat 8 g Fiber 444 Calcium 999 mg Sodium 90 g Carbohydrate	19 Pot Roast 521 Calories 15 g Fat 4 g Fiber 372 mg Calcium 550 mg Sodium 65 Carbohydrate	20 Potato Pollock 620 Calories 20 g Fat 8 g Fiber 560 mg Calcium 864 mg Sodium 81 g Carbohydrate	21 Beef Stew 522 Calories 10 g Fat 8 g Fiber 528 mg Calcium 710 mg Sodium 77 g Carbohydrate	22 Southwest Omelet 655 Calories 22 g Fat 7 g Fiber 561 mg Calcium 1126 mg Sodium 81 g Carbohydrate
25 Chicken and Noodles 608 Calories 12 g Fat 11 g Fiber 394 mg Calcium 639 mg Sodium 89 g Carbohydrate	26 Meatloaf 766 Calories 22 g Fat 7 g Fiber 406 mg Calcium 866 mg Sodium 95 g Carbohydrate	27 Ham and Beans 687 Calories 12 g Fat 17g Fiber 481 mg Calcium 820 mg Sodium 105 g Carbohydrate	28 Chicken Parm 551 Calories 18 g Fat 8 g Fiber 418 mg Calcium 698 mg Sodium 75 g Carbohydrate	29 Potato Pollock 620 Calories 20 g Fat 8 g Fiber 560 mg Calcium 864 mg Sodium 81 g Carbohydrate

*The nutrition information listed above is for the entire meal on the calendar.