

**October 2011**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	<b>3</b> 8 oz. Lasagna Casserole (Equal to 3 M/MA – 1 G/B) ½ c. Garlic Spinach ½ c. Italian Vegetable Medley (zucchini, yellow squash, long black beans) 1 sl. Wh Wheat Bread/Marg x2 ½ c. Peaches 8 oz. Low Fat Milk	<b>4</b> 3 oz. Pork Riblet w/BBQ Sauce ½ c. Lyonnaise Potatoes ½ c. Warm Chunky Cinnamon Apples w/ Raisins 1 sl. Whole Grain Wheat Bread 1 Graham Cracker pkt. 8 oz. Low Fat Milk	<b>5</b> 8 oz. Chef Salad (1 ½ oz. Ham, ½ oz. Cheese, Whole Boiled Egg, Tomato) - French Dressing ½ c. Carrot-Raisin Salad 1 sl. Whole Grain Wheat Bread ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>6</b> 3 oz. Roast Chicken Thigh w/Chicken Gravy ½ c. Green Beans ½ c. Mashed Potatoes 1 Whole Grain Roll x2 Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	<b>7</b> 3 oz. Meatballs w/Brown Gravy ½ c. Rice Pilaf ½ c. Mixed Vegetables 1 sl. Whole Grain Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk
	<b>10</b> 3 oz. Baked Meatloaf with Mushroom Gravy ½ c. Mashed Potatoes ½ c. Carrot Coins 1 Whole Grain Roll x2 Margarine ½ c. Pineapple 8 oz. Low Fat Milk	<b>11</b> 4 oz. Chicken Florentine Thigh (3 M/MA in Sauce) ½ c. Penne Pasta w/Garlic Oil ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Tossed Salad w/Italian Dressing 1 sl. Whole Grain Bread/Marg ½ c. Fresh Apple 8 oz. Low Fat Milk	<b>12</b> 3 oz. Pork w/Sweet and Sour Sauce ½ c. Wild Rice Medley ½ c. Chinese Oriental Vegetables (Broccoli, Carrots, Bamboo Shoots, Red Pepper, Bean Sprouts) 1 sl. Whole Grain Bread/Marg ½ c. Peaches 8 oz. Low Fat Milk	<b>13</b> 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn w/Diced Tomato 1 Hamburger Bun 1 Ketchup/Mustard pkt. each ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>14</b> 3 oz. Hot Dog ½ c. Cabbage & Carrots ½ c. Hot German Potato Salad 1 sl. Whole Grain Bread Mustard – 1pk ½ c. Vanilla Pudding Cup 8 oz. 1% Low Fat Milk <b>OCTOBERFEST CELEBRATION</b>
<b>Week 3</b>	<b>17</b> 3 oz. Pork Riblet w/Brown Gravy ½ c. Mashed Sweet Potatoes ½ c. Garden Peas 1 sl. White Bread x2 Margarine ½ c. Cranberry Orange Relish 8 oz. Low Fat Milk	<b>18</b> 3 oz. Frankfurter 1 Mustard/Relish pkt. each ½ c. Baked Beans w/Tomato ½ c. Carrot Coins 1 Hot Dog Bun/1 sl. White Bread ½ c. Coleslaw ½ c. Pineapple Chunks 8 oz. Low Fat Milk	<b>19</b> 8 oz. Beef and Macaroni Casserole w/Cheese (Equal to 3 M/MA – 1 G/B) ½ c. Green Beans ½ c. Yellow Corn w/Red Peppers 1 sl. Italian Bread/Marg x2 ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>20</b> 3 oz. Roast Chicken (thigh) w/ Coq au Vin Sauce ½ c. Herb Mashed Potatoes ½ c. Stewed Tomatoes 1 Whole Grain Roll x2 Margarine ½ c. Vanilla Pudding 8 oz. Low Fat Milk	<b>21</b> 8 oz. Beef Stew w/Vegetables in Gravy (Equal to 3 M/MA / F/V) ½ c. Parsley White Rice ½ c. Brussels Sprouts 1 sl. French Bread Margarine ½ c. Applesauce 8 oz. Low Fat Milk
	<b>24</b> 3 oz. Sliced Turkey w/Turkey Gravy ½ c. Potatoes O' Brien ½ c. Harvard Beets 1 sl. Whole Grain Bread Margarine x2 1 Sugar Cookie 8 oz. Low Fat Milk	<b>25</b> 3 oz. Meatballs w/ Tomato Gravy ½ c. Mashed Potatoes ½ c. Corn with Red Pepper 1 sl. Whole Grain Wheat Bread Margarine x2 ½ c. Apple Crisp 8 oz. Low Fat Milk	<b>26</b> 8 oz. Chicken Chop Suey over Rice (½ c.) (Equal to 3 M/MA / F/V) ½ c. Green Beans ½ c. Gingered Carrots 1 sl. Whole Wheat Bread Margarine x2 ½ c. Pineapple Chunks 8 oz. Low Fat Milk	<b>27</b> 8 oz. Tuna Pasta Salad (Equal to 3 M/MA – 1 G/B) ½ c. Marinated Broccoli Salad 1 sl. Whole Wheat Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk	<b>28</b> 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Black Eye Peas w/Turkey Ham ½ c. Country Vegetable Medley (Green Beans, Broccoli, Corn) 1 Dinner Roll x2/Marg ½ c. Peaches 8 oz. Low Fat Milk
<b>Week 4</b>	<b>31</b> 8 oz. Lasagna Casserole ½ c. Garlic Spinach ½ c. Italian Vegetable Medley ( zucchini, yellow squash & long branch beans) 1 sl. Whole Grain Bread Margarine Cup x2 <b>Special Halloween Dessert</b> 8 oz. 1% Low Fat Milk				

<b>November 2011</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		3 oz. Pork Riblet w/BBQ Sauce ½ c. Lyonnaise Potatoes ½ c. Warm Chunky Cinnamon Apples w/ Raisins 1 sl. Whole Grain Wheat Bread 1 Graham Cracker pkt. 8 oz. Low Fat Milk	8 oz. Chef Salad (1 ½ oz. Ham, ½ oz. Cheese, Whole Boiled Egg, Tomato) - French Dressing ½ c. Carrot-Raisin Salad 1 sl. Whole Grain Wheat Bread ½ c. Mixed Fruit 8 oz. Low Fat Milk	3 oz. Roast Chicken Thigh w/Chicken Gravy ½ c. Green Beans ½ c. Mashed Potatoes 1 Whole Grain Roll x2 Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	3 oz. Meatballs w/Brown Gravy ½ c. Rice Pilaf ½ c. Mixed Vegetables 1 sl. Whole Grain Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk
<b>Week 2</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>VETERANS DAY SITE CLOSED</b>
	3 oz. Baked Meatloaf with Mushroom Gravy ½ c. Mashed Potatoes ½ c. Carrot Coins 1 Whole Grain Roll x2 Margarine ½ c. Pineapple 8 oz. Low Fat Milk	4 oz. Chicken Florentine Thigh (3 M/MA in Sauce) ½ c. Penne Pasta w/Garlic Oil ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Tossed Salad w/Italian Dressing 1 sl. Whole Grain Bread/Marg ½ c. Fresh Apple 8 oz. Low Fat Milk	3 oz. Pork w/Sweet and Sour Sauce ½ c. Wild Rice Medley ½ c. Chinese Oriental Vegetables (Broccoli, Carrots, Bamboo Shoots, Red Pepper, Bean Sprouts) 1 sl. Whole Grain Bread/Marg ½ c. Peaches 8 oz. Low Fat Milk	3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn w/Diced Tomato 1 Hamburger Bun 1 Ketchup/Mustard pkt. each ½ c. Mixed Fruit 8 oz. Low Fat Milk	
<b>Week 3</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	3 oz. Pork Riblet w/Brown Gravy ½ c. Mashed Sweet Potatoes ½ c. Garden Peas 1 sl. White Bread x2 Margarine ½ c. Cranberry Orange Relish 8 oz. Low Fat Milk	3 oz. Frankfurter 1 Mustard/Relish pkt. each ½ c. Baked Beans w/Tomato ½ c. Carrot Coins 1 Hot Dog Bun/1 sl. White Bread ½ c. Coleslaw ½ c. Pineapple Chunks 8 oz. Low Fat Milk	8 oz. Beef and Macaroni Casserole w/Cheese (Equal to 3 M/MA – 1 G/B) ½ c. Green Beans ½ c. Yellow Corn w/Red Peppers 1 sl. Italian Bread/Marg x2 ½ c. Mixed Fruit 8 oz. Low Fat Milk	3 oz. Roast Chicken (thigh) w/ Coq au Vin Sauce ½ c. Herb Mashed Potatoes ½ c. Stewed Tomatoes 1 Whole Grain Roll x2 Margarine ½ c. Vanilla Pudding 8 oz. Low Fat Milk	8 oz. Beef Stew w/Vegetables in Gravy (Equal to 3 M/MA / F/V) ½ c. Parsley White Rice ½ c. Brussels Sprouts 1 sl. French Bread Margarine ½ c. Applesauce 8 oz. Low Fat Milk
<b>Week 4</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	3oz. Pork Chop Patty Br Gravy 1/2c Black Eye Peas Turkey-Ham 1/2c. Country Vegetable Medley (corn, green beans, carrots) 1 sl. White Bread 1 Margarine cup 1/2 c. Peaches 8 oz. 1% Low Fat Milk	3 oz. Meatballs w/ Tomato Gravy ½ c. Mashed Potatoes ½ c. Corn with Red Pepper 1 sl. Whole Grain Wheat Bread Margarine x2 ½ c. Apple Crisp 8 oz. Low Fat Milk	3 oz. Sliced Turkey & Gravy 1/2 c. Mashed Sweet Potatoes 1/2 c. Peas & Carrots 2 Wh. Grain Roll w/2 Marg. cups Cranberry Sauce 1 pkt. Special Holiday Dessert 1 ea. 8 oz. 1% Low Fat Milk <b>THANKSGIVING DAY CELEBRATION</b>	<b>Thanksgiving Day</b>	<b>Thanksgiving Holiday</b>
<b>Week 1</b>	<b>28</b>	<b>29</b>	<b>30</b>		
	8 oz. Lasagna Casserole (Equal to 3 M/MA – 1 G/B) ½ c. Garlic Spinach ½ c. Italian Vegetable Medley (zucchini, yellow squash, long black beans) 1 sl. Wh Wheat Bread/Marg x2 ½ c. Peaches 8 oz. Low Fat Milk	3 oz. Pork Riblet w/BBQ Sauce ½ c. Lyonnaise Potatoes ½ c. Warm Chunky Cinnamon Apples w/ Raisins 1 sl. Whole Grain Wheat Bread 1 Graham Cracker pkt. 8 oz. Low Fat Milk	8 oz. Chef Salad (1 ½ oz. Ham, ½ oz. Cheese, Whole Boiled Egg, Tomato) - French Dressing ½ c. Carrot-Raisin Salad 1 sl. Whole Grain Wheat Bread ½ c. Mixed Fruit 8 oz. Low Fat Milk		

December 2011					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1				1	2
				3 oz. Roast Chicken Thigh w/Chicken Gravy ½ c. Green Beans ½ c. Mashed Potatoes 1 Whole Grain Roll x2 Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	3 oz. Meatballs w/Brown Gravy ½ c. Rice Pilaf ½ c. Mixed Vegetables 1 sl. Whole Grain Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk
Week 2	5	6	7	8	9
	3 oz. Baked Meatloaf with Mushroom Gravy ½ c. Mashed Potatoes ½ c. Carrot Coins 1 Whole Grain Roll x2 Margarine ½ c. Pineapple 8 oz. Low Fat Milk	4 oz. Chicken Florentine Thigh (3 M/MA in Sauce) ½ c. Penne Pasta w/Garlic Oil ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Tossed Salad w/Italian Dressing 1 sl. Whole Grain Bread/Marg ½ c. Fresh Apple 8 oz. Low Fat Milk	3 oz. Pork w/Sweet and Sour Sauce ½ c. Wild Rice Medley ½ c. Chinese Oriental Vegetables (Broccoli, Carrots, Bamboo Shoots, Red Pepper, Bean Sprouts) 1 sl. Whole Grain Bread/Marg ½ c. Peaches 8 oz. Low Fat Milk	3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn w/Diced Tomato 1 Hamburger Bun 1 Ketchup/Mustard pkt. each ½ c. Mixed Fruit 8 oz. Low Fat Milk	4 oz. Chicken Salad (3 M/MA) ½ c. Sliced Beet & Onion Salad ½ c. Three Bean Salad 2 sl. Whole Wheat Bread ½ c. Fresh Fruit in Season - Orange 8 oz. Low Fat Milk
Week 3	12	13	14	15	16
	3 oz. Pork Riblet w/Brown Gravy ½ c. Mashed Sweet Potatoes ½ c. Garden Peas 1 sl. White Bread x2 Margarine ½ c. Cranberry Orange Relish 8 oz. Low Fat Milk	3 oz. Frankfurter 1 Mustard/Relish pkt. each ½ c. Baked Beans w/Tomato ½ c. Carrot Coins 1 Hot Dog Bun/1 sl. White Bread ½ c. Coleslaw ½ c. Pineapple Chunks 8 oz. Low Fat Milk	8 oz. Beef and Macaroni Casserole w/Cheese (Equal to 3 M/MA – 1 G/B) ½ c. Green Beans ½ c. Yellow Corn w/Red Peppers 1 sl. Italian Bread/Marg x2 ½ c. Mixed Fruit 8 oz. Low Fat Milk	3 oz. Roast Chicken (thigh) w/ Coq au Vin Sauce ½ c. Herb Mashed Potatoes ½ c. Stewed Tomatoes 1 Whole Grain Roll x2 Margarine ½ c. Vanilla Pudding 8 oz. Low Fat Milk	8 oz. Beef Stew w/Vegetables in Gravy (Equal to 3 M/MA / F/V) ½ c. Parsley White Rice ½ c. Brussels Sprouts 1 sl. French Bread Margarine ½ c. Applesauce 8 oz. Low Fat Milk
Week 4	19	20	21	22	CHRISTMAS EVE
	3 oz. Sliced Turkey w/Turkey Gravy ½ c. Potatoes O' Brien ½ c. Harvard Beets 1 sl. Whole Grain Bread Margarine x2 1 Sugar Cookie 8 oz. Low Fat Milk	3 oz. Meatballs w/ Tomato Gravy ½ c. Mashed Potatoes ½ c. Corn with Red Pepper 1 sl. Whole Grain Wheat Bread Margarine x2 ½ c. Apple Crisp 8 oz. Low Fat Milk	8 oz. Chicken Chop Suey over Rice (½ c.) (Equal to 3 M/MA / F/V) ½ c. Green Beans ½ c. Gingered Carrots 1 sl. Whole Wheat Bread Margarine x2 ½ c. Pineapple Chunks 8 oz. Low Fat Milk	3 oz. Ham w/ Pineapple Raisin Sauce 1/2 c. Mashed Sweet Potatoes 1/2 c. Green Beans & Red Pepper 2 Whole Grain Roll 2 Margarine Cups Special Holiday Dessert 8 oz. 1% Low Fat Milk <b>CHRISTMAS CELEBRATION</b>	
Week 1	26	27	28	29	30
	<b>Christmas Holiday</b>	3 oz. Pork Riblet w/BBQ Sauce ½ c. Lyonnaise Potatoes ½ c. Warm Chunky Cinnamon Apples w/ Raisins 1 sl. Whole Grain Wheat Bread 1 Graham Cracker pkt. 8 oz. Low Fat Milk	8 oz. Chef Salad (1 ½ oz. Ham, ½ oz. Cheese, Whole Boiled Egg, Tomato) - French Dressing ½ c. Carrot-Raisin Salad 1 sl. Whole Grain Wheat Bread ½ c. Mixed Fruit 8 oz. Low Fat Milk	3 oz. Roast Chicken Thigh w/Chicken Gravy ½ c. Green Beans ½ c. Mashed Potatoes 1 Whole Grain Roll x2 Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	3 oz. Pork Chop Patty w/ 2 oz Brown Gravy ½ c. Turnip Greens ½ c. Hoppin' Johns 2 sl. Wheat Bread w/ marg. ½ c. Peach Cup 8 oz. 1 % Low Fat Milk <b>NEW YEARS CELEBRATION</b>

**January 2012**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 2</b>	2	3	4	5	6
	<b>NEW YEARS HOLIDAY</b>	4 oz. Chicken Florentine Thigh (3 M/MA in Sauce) ½ c. Penne Pasta w/Garlic Oil ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Tossed Salad w/Italian Dressing 1 sl. Whole Grain Bread/Marg ½ c. Fresh Apple 8 oz. Low Fat Milk	3 oz. Pork w/Sweet and Sour Sauce ½ c. Wild Rice Medley ½ c. Chinese Oriental Vegetables (Broccoli, Carrots, Bamboo Shoots, Red Pepper, Bean Sprouts) 1 sl. Whole Grain Bread/Marg ½ c. Peaches 8 oz. Low Fat Milk	3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn w/Diced Tomato 1 Hamburger Bun 1 Ketchup/Mustard pkt. each ½ c. Mixed Fruit 8 oz. Low Fat Milk	4 oz. Chicken Salad (3 M/MA) ½ c. Sliced Beet & Onion Salad ½ c. Three Bean Salad 2 sl. Whole Wheat Bread ½ c. Fresh Fruit in Season - Orange 8 oz. Low Fat Milk
<b>Week 3</b>	9	10	11	12	13
	3 oz. Pork Riblet w/Brown Gravy ½ c. Mashed Sweet Potatoes ½ c. Garden Peas 1 sl. White Bread x2 Margarine ½ c. Cranberry Orange Relish 8 oz. Low Fat Milk	3 oz. Frankfurter 1 Mustard/Relish pkt. each ½ c. Baked Beans w/Tomato ½ c. Carrot Coins 1 Hot Dog Bun/1 sl. White Bread ½ c. Coleslaw ½ c. Pineapple Chunks 8 oz. Low Fat Milk	8 oz. Beef and Macaroni Casserole w/Cheese (Equal to 3 M/MA – 1 G/B) ½ c. Green Beans ½ c. Yellow Corn w/Red Peppers 1 sl. Italian Bread/Marg x2 ½ c. Mixed Fruit 8 oz. Low Fat Milk	3 oz. Roast Chicken (thigh) w/ Coq au Vin Sauce ½ c. Herb Mashed Potatoes ½ c. Stewed Tomatoes 1 Whole Grain Roll x2 Margarine ½ c. Vanilla Pudding 8 oz. Low Fat Milk	8 oz. Beef Stew w/Vegetables in Gravy (Equal to 3 M/MA / F/V) ½ c. Parsley White Rice ½ c. Brussels Sprouts 1 sl. French Bread Margarine ½ c. Applesauce 8 oz. Low Fat Milk
<b>Week 4</b>	16	17	18	19	20
	3 oz. Sliced Turkey w/Turkey Gravy ½ c. Potatoes O' Brien ½ c. Harvard Beets 1 sl. Whole Grain Bread Margarine x2 1 Sugar Cookie 8 oz. Low Fat Milk	3 oz. Meatballs w/ Tomato Gravy ½ c. Mashed Potatoes ½ c. Corn with Red Pepper 1 sl. Whole Grain Wheat Bread Margarine x2 ½ c. Apple Crisp 8 oz. Low Fat Milk	8 oz. Chicken Chop Suey over Rice (½ c.) (Equal to 3 M/MA / F/V) ½ c. Green Beans ½ c. Gingered Carrots 1 sl. Whole Wheat Bread Margarine x2 ½ c. Pineapple Chunks 8 oz. Low Fat Milk	8 oz. Tuna Pasta Salad (Equal to 3 M/MA – 1 G/B) ½ c. Marinated Broccoli Salad 1 sl. Whole Wheat Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk	3 oz. Pork Chop Patty w/Brown Gravy ½ c. Black Eye Peas w/Turkey Ham ½ c. Country Vegetable Medley (Green Beans, Broccoli, Corn) 1 Dinner Roll x2/Marg ½ c. Peaches 8 oz. Low Fat Milk
<b>Week 1</b>	23	24	25	26	27
	8 oz. Lasagna Casserole (Equal to 3 M/MA – 1 G/B) ½ c. Garlic Spinach ½ c. Italian Vegetable Medley (zucchini, yellow squash, long black beans) 1 sl. Wh Wheat Bread/Marg x2 ½ c. Peaches 8 oz. Low Fat Milk	3 oz. Pork Riblet w/BBQ Sauce ½ c. Lyonnaise Potatoes ½ c. Warm Chunky Cinnamon Apples w/ Raisins 1 sl. Whole Grain Wheat Bread 1 Graham Cracker pkt. 8 oz. Low Fat Milk	8 oz. Chef Salad (1 ½ oz. Ham, ½ oz. Cheese, Whole Boiled Egg, Tomato) - French Dressing ½ c. Carrot-Raisin Salad 1 sl. Whole Grain Wheat Bread ½ c. Mixed Fruit 8 oz. Low Fat Milk	3 oz. Roast Chicken Thigh w/Chicken Gravy ½ c. Green Beans ½ c. Mashed Potatoes 1 Whole Grain Roll x2 Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	3 oz. Meatballs w/Brown Gravy ½ c. Rice Pilaf ½ c. Mixed Vegetables 1 sl. Whole Grain Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk
<b>Week 2</b>	30	31			
	3 oz. Baked Meatloaf with Mushroom Gravy ½ c. Mashed Potatoes ½ c. Carrot Coins 1 Whole Grain Roll x2 Margarine ½ c. Pineapple 8 oz. Low Fat Milk	4 oz. Chicken Florentine Thigh (3 M/MA in Sauce) ½ c. Penne Pasta w/Garlic Oil ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Tossed Salad w/Italian Dressing 1 sl. Whole Grain Bread/Marg ½ c. Fresh Apple 8 oz. Low Fat Milk			

## February 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 2</b>			<b>1</b> 3 oz. Pork w/Sweet and Sour Sauce ½ c. Wild Rice Medley ½ c. Chinese Oriental Vegetables (Broccoli, Carrots, Bamboo Shoots, Red Pepper, Bean Sprouts) 1 sl. Whole Grain Bread/Marg ½ c. Peaches 8 oz. Low Fat Milk	<b>2</b> 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn w/Diced Tomato 1 Hamburger Bun 1 Ketchup/Mustard pkt. each ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>3</b> 4 oz. Chicken Salad (3 M/MA) ½ c. Sliced Beet & Onion Salad ½ c. Three Bean Salad 2 sl. Whole Wheat Bread ½ c. Fresh Fruit in Season - Orange 8 oz. Low Fat Milk
	<b>Week 3</b>	<b>6</b> 3 oz. Pork Riblet w/Brown Gravy ½ c. Mashed Sweet Potatoes ½ c. Garden Peas 1 sl. White Bread x2 Margarine ½ c. Cranberry Orange Relish 8 oz. Low Fat Milk	<b>7</b> 3 oz. Frankfurter 1 Mustard/Relish pkt. each ½ c. Baked Beans w/Tomato ½ c. Carrot Coins 1 Hot Dog Bun/1 sl. White Bread ½ c. Coleslaw ½ c. Pineapple Chunks 8 oz. Low Fat Milk	<b>8</b> 8 oz. Beef and Macaroni Casserole w/Cheese (Equal to 3 M/MA – 1 G/B) ½ c. Green Beans ½ c. Yellow Corn w/Red Peppers 1 sl. Italian Bread/Marg x2 ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>9</b> 3 oz. Roast Chicken (thigh) w/ Coq au Vin Sauce ½ c. Herb Mashed Potatoes ½ c. Stewed Tomatoes 1 Whole Grain Roll x2 Margarine ½ c. Vanilla Pudding 8 oz. Low Fat Milk
<b>Week 4</b>	<b>13</b> 3 oz. Sliced Turkey w/Turkey Gravy ½ c. Potatoes O' Brien ½ c. Harvard Beets 1 sl. Whole Grain Bread Margarine x2 1 Sugar Cookie 8 oz. Low Fat Milk	<b>14</b> 3 oz. Meatballs w/Tomato Gravy 1/2 c. Mashed Potatoes 1/2 c. Broccoli Cuts 1 sl. Whole Grain Bread Margarine Cup <b>Valentine Day Special Dessert</b> 8 oz. 1% Low Fat Milk	<b>15</b> 8 oz. Chicken Chop Suey over Rice (½ c.) (Equal to 3 M/MA / F/V) ½ c. Green Beans ½ c. Gingered Carrots 1 sl. Whole Wheat Bread Margarine x2 ½ c. Pineapple Chunks 8 oz. Low Fat Milk	<b>16</b> 8 oz. Tuna Pasta Salad (Equal to 3 M/MA – 1 G/B) ½ c. Marinated Broccoli Salad 1 sl. Whole Wheat Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk	<b>17</b> 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Black Eye Peas w/Turkey Ham ½ c. Country Vegetable Medley (Green Beans, Broccoli, Corn) 1 Dinner Roll x2/Marg ½ c. Peaches 8 oz. Low Fat Milk
	<b>Week 1</b>	<b>20</b> 8 oz. Lasagna Casserole (Equal to 3 M/MA – 1 G/B) ½ c. Garlic Spinach ½ c. Italian Vegetable Medley (zucchini, yellow squash, long black beans) 1 sl. Wh Wheat Bread/Marg x2 ½ c. Peaches 8 oz. Low Fat Milk	<b>21</b> 3 oz. Pork Riblet w/BBQ Sauce ½ c. Lyonnaise Potatoes ½ c. Warm Chunky Cinnamon Apples w/ Raisins 1 sl. Whole Grain Wheat Bread 1 Graham Cracker pkt. 8 oz. Low Fat Milk	<b>22</b> 8 oz. Macaroni & Cheese Casserole ½ c. Three Bean Medley ½ c. Stewed Tomatoes 1 sk. Whole Grain Bread Margarine Fresh Fruit in Season 8 oz. Low Fat Milk <b>ASH WEDNESDAY</b>	<b>23</b> 3 oz. Roast Chicken Thigh w/Chicken Gravy ½ c. Green Beans ½ c. Mashed Potatoes 1 Whole Grain Roll x2 Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk
<b>Week 2</b>	<b>27</b> 3 oz. Baked Meatloaf with Mushroom Gravy ½ c. Mashed Potatoes ½ c. Carrot Coins 1 Whole Grain Roll x2 Margarine ½ c. Pineapple 8 oz. Low Fat Milk	<b>28</b> 4 oz. Chicken Florentine Thigh (3 M/MA in Sauce) ½ c. Penne Pasta w/Garlic Oil ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Tossed Salad w/Italian Dressing 1 sl. Whole Grain Bread/Marg ½ c. Fresh Apple 8 oz. Low Fat Milk	<b>29</b> 3 oz. Pork w/Sweet and Sour Sauce ½ c. Wild Rice Medley ½ c. Chinese Oriental Vegetables (Broccoli, Carrots, Bamboo Shoots, Red Pepper, Bean Sprouts) 1 sl. Whole Grain Bread/Marg ½ c. Peaches 8 oz. Low Fat Milk		

**March 2012**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 2</b>				<b>1</b> 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn w/Diced Tomato 1 Hamburger Bun 1 Ketchup/Mustard pkt. each ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>2</b> 4 oz. Chicken Salad (3 M/MA) ½ c. Sliced Beet & Onion Salad ½ c. Three Bean Salad 2 sl. Whole Wheat Bread ½ c. Fresh Fruit in Season - Orange 8 oz. Low Fat Milk
	<b>5</b> 3 oz. Pork Riblet w/Brown Gravy ½ c. Mashed Sweet Potatoes ½ c. Garden Peas 1 sl. White Bread x2 Margarine ½ c. Cranberry Orange Relish 8 oz. Low Fat Milk	<b>6</b> 3 oz. Frankfurter 1 Mustard/Relish pkt. each ½ c. Baked Beans w/Tomato ½ c. Carrot Coins 1 Hot Dog Bun/1 sl. White Bread ½ c. Coleslaw ½ c. Pineapple Chunks 8 oz. Low Fat Milk	<b>7</b> 8 oz. Beef and Macaroni Casserole w/Cheese (Equal to 3 M/MA – 1 G/B) ½ c. Green Beans ½ c. Yellow Corn w/Red Peppers 1 sl. Italian Bread/Marg x2 ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>8</b> 3 oz. Roast Chicken (thigh) w/ Coq au Vin Sauce ½ c. Herb Mashed Potatoes ½ c. Stewed Tomatoes 1 Whole Grain Roll x2 Margarine ½ c. Vanilla Pudding 8 oz. Low Fat Milk	<b>9</b> 8 oz. Beef Stew w/Vegetables in Gravy (Equal to 3 M/MA / F/V) ½ c. Parsley White Rice ½ c. Brussels Sprouts 1 sl. French Bread Margarine ½ c. Applesauce 8 oz. Low Fat Milk
<b>Week 3</b>	<b>12</b> 3 oz. Sliced Turkey w/Turkey Gravy ½ c. Potatoes O' Brien ½ c. Harvard Beets 1 sl. Whole Grain Bread Margarine x2 1 Sugar Cookie 8 oz. Low Fat Milk	<b>13</b> 3 oz. Meatballs w/ Tomato Gravy ½ c. Mashed Potatoes ½ c. Corn with Red Pepper 1 sl. Whole Grain Wheat Bread Margarine x2 ½ c. Apple Crisp 8 oz. Low Fat Milk	<b>14</b> 8 oz. Chicken Chop Suey over Rice (½ c.) (Equal to 3 M/MA / F/V) ½ c. Green Beans ½ c. Gingered Carrots 1 sl. Whole Wheat Bread Margarine x2 ½ c. Pineapple Chunks 8 oz. Low Fat Milk	<b>15</b> 8 oz. Tuna Pasta Salad (Equal to 3 M/MA – 1 G/B) ½ c. Marinated Broccoli Salad 1 sl. Whole Wheat Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk	<b>16</b> 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Black Eye Peas w/Turkey Ham ½ c. Country Vegetable Medley (Green Beans, Broccoli, Corn) 1 Dinner Roll x2/Marg ½ c. Peaches 8 oz. Low Fat Milk
	<b>19</b> 8 oz. Lasagna Casserole (Equal to 3 M/MA – 1 G/B) ½ c. Garlic Spinach ½ c. Italian Vegetable Medley (zucchini, yellow squash, long black beans) 1 sl. Wh Wheat Bread/Marg x2 ½ c. Peaches 8 oz. Low Fat Milk	<b>20</b> 3 oz. Pork Riblet w/BBQ Sauce ½ c. Lyonnaise Potatoes ½ c. Warm Chunky Cinnamon Apples w/ Raisins 1 sl. Whole Grain Wheat Bread 1 Graham Cracker pkt. 8 oz. Low Fat Milk	<b>21</b> 8 oz. Chef Salad (1 ½ oz. Ham, ½ oz. Cheese, Whole Boiled Egg, Tomato) - French Dressing ½ c. Carrot-Raisin Salad 1 sl. Whole Grain Wheat Bread ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>22</b> 3 oz. Roast Chicken Thigh w/Chicken Gravy ½ c. Green Beans ½ c. Mashed Potatoes 1 Whole Grain Roll x2 Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	<b>23</b> 3 oz. Meatballs w/Brown Gravy ½ c. Rice Pilaf ½ c. Mixed Vegetables 1 sl. Whole Grain Bread Margarine ½ c. Fresh Fruit in Season 8 oz. Low Fat Milk
<b>Week 4</b>	<b>26</b> 3 oz. Baked Meatloaf with Mushroom Gravy ½ c. Mashed Potatoes ½ c. Carrot Coins 1 Whole Grain Roll x2 Margarine ½ c. Pineapple 8 oz. Low Fat Milk	<b>27</b> 4 oz. Chicken Florentine Thigh (3 M/MA in Sauce) ½ c. Penne Pasta w/Garlic Oil ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Tossed Salad w/Italian Dressing 1 sl. Whole Grain Bread/Marg ½ c. Fresh Apple 8 oz. Low Fat Milk	<b>28</b> 3 oz. Pork w/Sweet and Sour Sauce ½ c. Wild Rice Medley ½ c. Chinese Oriental Vegetables (Broccoli, Carrots, Bamboo Shoots, Red Pepper, Bean Sprouts) 1 sl. Whole Grain Bread/Marg ½ c. Peaches 8 oz. Low Fat Milk	<b>29</b> 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn w/Diced Tomato 1 Hamburger Bun 1 Ketchup/Mustard pkt. each ½ c. Mixed Fruit 8 oz. Low Fat Milk	<b>30</b> 4 oz. Chicken Salad (3 M/MA) ½ c. Sliced Beet & Onion Salad ½ c. Three Bean Salad 2 sl. Whole Wheat Bread ½ c. Fresh Fruit in Season - Orange 8 oz. Low Fat Milk
	<b>Week 1</b>				
<b>Week 2</b>					