

APRIL 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	April 5th	April 6th	April 7th	April 8th	April 9th
	3 oz. Sliced Ham in Au Jus Sauce ½ c. Whipped Sweet Potatoes ½ c. Broccoli, Carrot, Cauliflower Mix 1 sl. Whole Grain Wheat Bread 1 Easter Cake 8 oz. Low Fat Milk <u>Easter Monday Celebration</u>	3 oz. Grilled Chicken Breast Patty w/Tomato Pepper Sauce ½ c. Wild Rice Blend ½ c. Broccoli Cuts 1 sl. White Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	3 oz. Baked Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pineapple Chunks Cup 8 oz. Low Fat Milk	3 oz. BBQ Pork Riblet ½ c. Carrots ½ c. Garden Peas 1 sl. Whole Grain Wheat Bread 1 Oatmeal Raisin Cookie 8 oz. Low Fat Milk	<u>COLD PLATE</u> Chef Salad (2 oz Turkey & Ham, 1 oz. Cheese, 1/2 c. Lettuce Salad) Ranch Style Dressing 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. ½ c. Applesauce Cup 8 oz. Low Fat Milk
WEEK 4	April 12th	April 13th	April 14th	April 15th	April 16th
	3 oz. Salisbury Steak w/Brown Gravy ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 2 sl. White Bread Margarine Pat ½ c. Peach Cup 8 oz. Low Fat Milk	8 oz. Sliced Smoked Sausage & Butter Bean Casserole (equal to 3 m/ma, 1/2 c. veg., 1 oz. sauce) ½ c. Spinach ½ c. Carrot Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	<u>Cheeseburger</u> 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn with Diced Tomato 1 Hamburger Bun/ Sliced Cheese Ketchup / Mustard Fresh Fruit in Season 8 oz. Low Fat Milk	4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with Diced Red Pepper 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Peanut Butter Cookie 8 oz. Low Fat Milk	<u>COLD PLATE</u> 8 oz. Tuna Pasta (equal to 3 m/ma, 1 bread/grain, 1 fat) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 sl. Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
WEEK 1	April 19th	April 20th	April 21st	April 22nd	April 23^d
	3 oz. Pork Chop Patty w/Brown Gravy ½ c. Penne Noodles w/Garlic ½ c. Brussels Sprouts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	3 oz. Frankfurter ½ c. Baked Beans ½ c. Carrots 1 Hot Dog Bun/ Mustard 1 sl. White Bread ½ c. Applesauce Cup 8 oz. Low Fat Milk	<u>COLD PLATE</u> 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	3 oz. Salisbury Steak w/Brown Gravy ½ c. Parsley White Rice ½ c. Lima Beans 1 sl. French Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	3 oz. Grilled Chicken Breast Coq au Vin ½ c. Herb Mashed Potatoes ½ c. Broccoli Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Chocolate Chip Cookie 8 oz. Low Fat Milk
WEEK 2	April 26th	April 27th	April 28th	April 29th	April 30th
	4 oz. Chopped Southern BBQ Chicken served with Hamburger Bun ½ c. Mixed Vegetables ½ c. Potatoes Au Graten 1 Hamburger Bun 1 Fresh Orange 8 oz. Low Fat Milk	3 oz. Italian Style Meatballs ½ c. Pasta with Italian Style Tomato Sauce ½ c. Broccoli Cuts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Apple Raisin Crisp Cup 8 oz. Low Fat Milk	3 oz. Mandarin Chicken ½ c. Gingered Carrots ½ c. Green Beans w/Almonds 1 sl. Whole Grain Wheat Bread Fresh Fruit In Season 8 oz. Low Fat Milk	3 oz. Sliced Baked Ham w/Pineapple Glaze ½ c. Mashed Potatoes ½ c. Peas w/Pearl Onions 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Sugar Cookie 8 oz. Low Fat Milk	8 oz. Three Bean Beef Chili (equal to 3 m/ma, 1/2 c. veg, 1 oz. sauce) ½ c. White Rice ½ c. Whole Kernel Corn 1 sl. Whole Wheat Bread Margarine Pat ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk

Approved By (Project Nutritionist):

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	May 3rd 3 oz. Oven Baked Fish Filet ½ c. Cheesy Grits ½ c. Tomatoes & Okra 1 sl. Whole Grain Wheat Bread Tartar Sauce ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	May 4th 3 oz. Grilled Chicken Breast Patty w/Tomato Pepper Sauce ½ c. Wild Rice Blend ½ c. Broccoli Cuts 1 sl. White Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	May 5th 3 oz. Baked Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pineapple Chunks Cup 8 oz. Low Fat Milk	May 6th 3 oz. BBQ Pork Riblet ½ c. Carrots ½ c. Garden Peas 1 sl. Whole Grain Wheat Bread 1 Oatmeal Raisin Cookie 8 oz. Low Fat Milk	May 7th 3 oz. Oven Baked Chicken ½ c. Green Peas w/Pimento ½ c. Carrots 1 sl. Whole Grain Wheat Bread Red Velvet Cake 8 oz. Low Fat Milk <u>Mother's Day Celebration</u>
	May 10th 3 oz. Salisbury Steak w/Brown Gravy ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 2 sl. White Bread Margarine Pat ½ c. Peach Cup 8 oz. Low Fat Milk	May 11th 8 oz. Sliced Smoked Sausage & Butter Bean Casserole (equal to 3 m/ma, 1/2 c. veg., 1 oz. sauce) ½ c. Spinach ½ c. Carrot Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	May 12th <u>Cheeseburger</u> 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn with Diced Tomato 1 Hamburger Bun/ Sliced Cheese Ketchup / Mustard Fresh Fruit in Season 8 oz. Low Fat Milk	May 13th 4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with Diced Red Pepper 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Peanut Butter Cookie 8 oz. Low Fat Milk	May 14th <u>COLD PLATE</u> 8 oz. Tuna Pasta (equal to 3 m/ma, 1 bread/grain, 1 fat) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 sl. Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
WEEK 4	May 17th 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Penne Noodles w/Garlic ½ c. Brussels Sprouts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	May 18th 3 oz. Frankfurter ½ c. Baked Beans ½ c. Carrots 1 Hot Dog Bun/ Mustard 1 sl. White Bread ½ c. Applesauce Cup 8 oz. Low Fat Milk	May 19th <u>COLD PLATE</u> 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	May 20th 3 oz. Salisbury Steak w/Brown Gravy ½ c. Parsley White Rice ½ c. Lima Beans 1 sl. French Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	May 21st 3 oz. Grilled Chicken Breast Coq au Vin ½ c. Herb Mashed Potatoes ½ c. Broccoli Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Chocolate Chip Cookie 8 oz. Low Fat Milk
	May 24th 4 oz. Chopped Southern BBQ Chicken served with Hamburger Bun ½ c. Mixed Vegetables ½ c. Potatoes Au Graten 1 Hamburger Bun 1 Fresh Orange 8 oz. Low Fat Milk	May 25th 3 oz. Italian Style Meatballs ½ c. Pasta with Italian Style Tomato Sauce ½ c. Broccoli Cuts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Apple Raisin Crisp Cup 8 oz. Low Fat Milk	May 26th 3 oz. Mandarin Chicken ½ c. Gingered Carrots ½ c. Green Beans w/Almonds 1 sl. Whole Grain Wheat Bread Fresh Fruit In Season 8 oz. Low Fat Milk	May 27th 3 oz. Sliced Baked Ham w/Pineapple Glaze ½ c. Mashed Potatoes ½ c. Peas w/Pearl Onions 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Sugar Cookie 8 oz. Low Fat Milk	May 28th 8 oz. Three Bean Beef Chili (equal to 3 m/ma, 1/2 c. veg, 1 oz. sauce) ½ c. White Rice ½ c. Whole Kernel Corn 1 sl. Whole Wheat Bread Margarine Pat ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
WEEK 1	May 31st	MAY 2010			
	MEMORIAL DAY SITES CLOSED				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3		June 1st	June 2nd	June 3rd	June 4th
		3 oz. Grilled Chicken Breast Patty w/Tomato Pepper Sauce ½ c. Wild Rice Blend ½ c. Broccoli Cuts 1 sl. White Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	3 oz. Baked Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pineapple Chunks Cup 8 oz. Low Fat Milk	3 oz. BBQ Pork Riblet ½ c. Carrots ½ c. Garden Peas 1 sl. Whole Grain Wheat Bread 1 Oatmeal Raisin Cookie 8 oz. Low Fat Milk	COLD PLATE Chef Salad (2 oz Turkey & Ham, 1 oz. Cheese, 1/2 c. Lettuce Salad) Ranch Style Dressing 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. ½ c. Applesauce Cup 8 oz. Low Fat Milk
WEEK 4	June 7th	June 8th	June 9th	June 10th	June 11th
	3 oz. Salisbury Steak w/Brown Gravy ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 2 sl. White Bread Margarine Pat ½ c. Peach Cup 8 oz. Low Fat Milk	8 oz. Sliced Smoked Sausage & Butter Bean Casserole (equal to 3 m/ma, 1/2 c. veg., 1 oz. sauce) ½ c. Spinach ½ c. Carrot Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	Cheeseburger 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn with Diced Tomato 1 Hamburger Bun/ Sliced Cheese Ketchup / Mustard Fresh Fruit in Season 8 oz. Low Fat Milk	4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with Diced Red Pepper 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Peanut Butter Cookie 8 oz. Low Fat Milk	COLD PLATE 8 oz. Tuna Pasta (equal to 3 m/ma, 1 bread/grain, 1 fat) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 sl. Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
WEEK 1	June 14th	June 15th	June 16th	June 17th	June 18th
	3 oz. Pork Chop Patty w/Brown Gravy ½ c. Penne Noodles w/Garlic ½ c. Brussels Sprouts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	3 oz. Frankfurter ½ c. Baked Beans ½ c. Carrots 1 Hot Dog Bun/ Mustard 1 sl. White Bread ½ c. Applesauce Cup 8 oz. Low Fat Milk	COLD PLATE 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	3 oz. Salisbury Steak w/Brown Gravy ½ c. Parsley White Rice ½ c. Lima Beans 1 sl. French Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	3 oz. Oven Baked Chicken w/Gravy ½ c. Mashed Potatoes ½ c. Mixed Vegetables 1 sl. Whole Grain Wheat Bread Football Brownies 8 oz. Low Fat Milk Father's Day Celebration
WEEK 2	June 21st	June 22nd	June 23rd	June 24th	June 25th
	4 oz. Chopped Southern BBQ Chicken served with Hamburger Bun ½ c. Mixed Vegetables ½ c. Potatoes Au Graten 1 Hamburger Bun 1 Fresh Orange 8 oz. Low Fat Milk	3 oz. Italian Style Meatballs ½ c. Pasta with Italian Style Tomato Sauce ½ c. Broccoli Cuts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Apple Raisin Crisp Cup 8 oz. Low Fat Milk	3 oz. Mandarin Chicken ½ c. Gingered Carrots ½ c. Green Beans w/Almonds 1 sl. Whole Grain Wheat Bread Fresh Fruit In Season 8 oz. Low Fat Milk	3 oz. Sliced Baked Ham w/Pineapple Glaze ½ c. Mashed Potatoes ½ c. Peas w/Pearl Onions 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Sugar Cookie 8 oz. Low Fat Milk	8 oz. Three Bean Beef Chili (equal to 3 m/ma, 1/2 c. veg, 1 oz. sauce) ½ c. White Rice ½ c. Whole Kernel Corn 1 sl. Whole Wheat Bread Margarine Pat ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
WEEK 3	June 28th	June 29th	June 30th	JUNE 2010	
	3 oz. Oven Baked Fish Filet ½ c. Cheesy Grits ½ c. Tomatoes & Okra 1 sl. Whole Grain Wheat Bread Tartar Sauce ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	3 oz. Grilled Chicken Breast Patty w/Tomato Pepper Sauce ½ c. Wild Rice Blend ½ c. Broccoli Cuts 1 sl. White Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	3 oz. Baked Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pineapple Chunks Cup 8 oz. Low Fat Milk		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	JULY 2010				<i>July 1st</i>	<i>July 2nd</i>
					COLD PLATE Chef Salad (2 oz Turkey & Ham, 1 oz. Cheese, 1/2 c. Lettuce Salad) Ranch Style Dressing 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. ½ c. Applesauce Cup 8 oz. Low Fat Milk	3 oz. Frankfurter w/Mustard or Ketchup ½ c. Baked Beans w/Tomato Bits ½ c. Corn ½ c. Cole Slaw 1 Hot Dog Bun/ 1 sl. White Bread Stars & Stripes Cake 8 oz. Low Fat Milk Independence Day Celebration
WEEK 4	<i>July 5th</i>	<i>July 6th</i>		<i>July 7th</i>	<i>July 8th</i>	<i>July 9th</i>
	INDEPENDENCE DAY HOLIDAY (Observed) SITES CLOSED	8 oz. Sliced Smoked Sausage & Butter Bean Casserole (equal to 3 m/ma, 1/2 c. veg., 1 oz. sauce) ½ c. Spinach ½ c. Carrot Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk		Cheeseburger 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn with Diced Tomato 1 Hamburger Bun/ Sliced Cheese Ketchup / Mustard Fresh Fruit in Season 8 oz. Low Fat Milk	4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with Diced Red Pepper 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Peanut Butter Cookie 8 oz. Low Fat Milk	COLD PLATE 8 oz. Tuna Pasta (equal to 3 m/ma, 1 bread/grain, 1 fat) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 sl. Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
WEEK 1	<i>July 12th</i>	<i>July 13th</i>		<i>July 14th</i>	<i>July 15th</i>	<i>July 16th</i>
	3 oz. Pork Chop Patty w/Brown Gravy ½ c. Penne Noodles w/Garlic ½ c. Brussels Sprouts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	3 oz. Frankfurter ½ c. Baked Beans ½ c. Carrots 1 Hot Dog Bun/ Mustard 1 sl. White Bread ½ c. Applesauce Cup 8 oz. Low Fat Milk		COLD PLATE 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	3 oz. Salisbury Steak w/Brown Gravy ½ c. Parsley White Rice ½ c. Lima Beans 1 sl. French Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	3 oz. Grilled Chicken Breast Coq au Vin ½ c. Herb Mashed Potatoes ½ c. Broccoli Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Chocolate Chip Cookie 8 oz. Low Fat Milk
WEEK 2	<i>July 19th</i>	<i>July 20th</i>		<i>July 21st</i>	<i>July 22nd</i>	<i>July 23rd</i>
	4 oz. Chopped Southern BBQ Chicken served with Hamburger Bun ½ c. Mixed Vegetables ½ c. Potatoes Au Graten 1 Hamburger Bun 1 Fresh Orange 8 oz. Low Fat Milk	3 oz. Italian Style Meatballs ½ c. Pasta with Italian Style Tomato Sauce ½ c. Broccoli Cuts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Apple Raisin Crisp Cup 8 oz. Low Fat Milk		3 oz. Mandarin Chicken ½ c. Gingered Carrots ½ c. Green Beans w/Almonds 1 sl. Whole Grain Wheat Bread Fresh Fruit In Season 8 oz. Low Fat Milk	3 oz. Sliced Baked Ham w/Pineapple Glaze ½ c. Mashed Potatoes ½ c. Peas w/Pearl Onions 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Sugar Cookie 8 oz. Low Fat Milk	8 oz. Three Bean Beef Chili (equal to 3 m/ma, 1/2 c. veg, 1 oz. sauce) ½ c. White Rice ½ c. Whole Kernel Corn 1 sl. Whole Wheat Bread Margarine Pat ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
WEEK 3	<i>July 26th</i>	<i>July 27th</i>		<i>July 28th</i>	<i>July 29th</i>	<i>July 30th</i>
	3 oz. Oven Baked Fish Filet ½ c. Cheesy Grits ½ c. Tomatoes & Okra 1 sl. Whole Grain Wheat Bread Tartar Sauce ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	3 oz. Grilled Chicken Breast Patty w/Tomato Pepper Sauce ½ c. Wild Rice Blend ½ c. Broccoli Cuts 1 sl. White Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk		3 oz. Baked Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pineapple Chunks Cup 8 oz. Low Fat Milk	3 oz. BBQ Pork Riblet ½ c. Carrots ½ c. Garden Peas 1 sl. Whole Grain Wheat Bread 1 Oatmeal Raisin Cookie 8 oz. Low Fat Milk	COLD PLATE Chef Salad (2 oz Turkey & Ham, 1 oz. Cheese, 1/2 c. Lettuce Salad) Ranch Style Dressing 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. ½ c. Applesauce Cup 8 oz. Low Fat Milk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	August 2nd 3 oz. Salisbury Steak w/Brown Gravy ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 2 sl. White Bread Margarine Pat ½ c. Peach Cup 8 oz. Low Fat Milk	August 3rd 8 oz. Sliced Smoked Sausage & Butter Bean Casserole (equal to 3 m/ma, 1/2 c. veg., 1 oz. sauce) ½ c. Spinach ½ c. Carrot Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	August 4th Cheeseburger 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn with Diced Tomato 1 Hamburger Bun/ Sliced Cheese Ketchup / Mustard Fresh Fruit in Season 8 oz. Low Fat Milk	August 5th 4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with Diced Red Pepper 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Peanut Butter Cookie 8 oz. Low Fat Milk	August 6th COLD PLATE 8 oz. Tuna Pasta (equal to 3 m/ma, 1 bread/grain, 1 fat) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 sl. Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
	August 9th 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Penne Noodles w/Garlic ½ c. Brussels Sprouts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	August 10th 3 oz. Frankfurter ½ c. Baked Beans ½ c. Carrots 1 Hot Dog Bun/ Mustard 1 sl. White Bread ½ c. Applesauce Cup 8 oz. Low Fat Milk	August 11th COLD PLATE 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	August 12th 3 oz. Salisbury Steak w/Brown Gravy ½ c. Parsley White Rice ½ c. Lima Beans 1 sl. French Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	August 13th 3 oz. Grilled Chicken Breast Coq au Vin ½ c. Herb Mashed Potatoes ½ c. Broccoli Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Chocolate Chip Cookie 8 oz. Low Fat Milk
WEEK 2	August 16th 4 oz. Chopped Southern BBQ Chicken served with Hamburger Bun ½ c. Mixed Vegetables ½ c. Potatoes Au Graten 1 Hamburger Bun 1 Fresh Orange 8 oz. Low Fat Milk	August 17th 3 oz. Italian Style Meatballs ½ c. Pasta with Italian Style Tomato Sauce ½ c. Broccoli Cuts 1 sl. Whole Wheat Bread Margarine Pat ½ c. Apple Raisin Crisp Cup 8 oz. Low Fat Milk	August 18th 3 oz. Mandarin Chicken ½ c. Gingered Carrots ½ c. Green Beans w/Almonds 1 sl. Whole Grain Wheat Bread Fresh Fruit In Season 8 oz. Low Fat Milk	August 19th 3 oz. Sliced Baked Ham w/Pineapple Glaze ½ c. Mashed Potatoes ½ c. Peas w/Pearl Onions 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Sugar Cookie 8 oz. Low Fat Milk	August 20th 8 oz. Three Bean Beef Chili (equal to 3 m/ma, 1/2 c. veg, 1 oz. sauce) ½ c. White Rice ½ c. Whole Kernel Corn 1 sl. Whole Wheat Bread Margarine Pat ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
	August 23rd 3 oz. Oven Baked Fish Filet ½ c. Cheesy Grits ½ c. Tomatoes & Okra 1 sl. Whole Grain Wheat Bread Tartar Sauce ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	August 24th 3 oz. Grilled Chicken Breast Patty w/Tomato Pepper Sauce ½ c. Wild Rice Blend ½ c. Broccoli Cuts 1 sl. White Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	August 25th 3 oz. Baked Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pineapple Chunks Cup 8 oz. Low Fat Milk	August 26th 3 oz. BBQ Pork Riblet ½ c. Carrots ½ c. Garden Peas 1 sl. Whole Grain Wheat Bread 1 Oatmeal Raisin Cookie 8 oz. Low Fat Milk	August 27th COLD PLATE Chef Salad (2 oz Turkey & Ham, 1 oz. Cheese, 1/2 c. Lettuce Salad) Ranch Style Dressing 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. ½ c. Applesauce Cup 8 oz. Low Fat Milk
WEEK 4	August 30th 3 oz. Salisbury Steak w/Brown Gravy ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 2 sl. White Bread Margarine Pat ½ c. Peach Cup 8 oz. Low Fat Milk	August 31st 8 oz. Sliced Smoked Sausage & Butter Bean Casserole (equal to 3 m/ma, 1/2 c. veg., 1 oz. sauce) ½ c. Spinach ½ c. Carrot Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	AUGUST 2010		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 4	SEPTEMBER 2010				September 1st Cheeseburger 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn with Diced Tomato 1 Hamburger Bun/ Sliced Cheese Ketchup / Mustard Fresh Fruit in Season 8 oz. Low Fat Milk	September 2nd 4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with Diced Red Pepper 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Peanut Butter Cookie 8 oz. Low Fat Milk	September 3rd COLD PLATE 8 oz. Tuna Pasta (equal to 3 m/ma, 1 bread/grain, 1 fat) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 sl. Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
			September 6th	September 7th	September 8th	September 9th	September 10th
WEEK 1	LABOR DAY SITES CLOSED				COLD PLATE 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	3 oz. Salisbury Steak w/Brown Gravy ½ c. Parsley White Rice ½ c. Lima Beans 1 sl. French Bread Margarine Pat Fresh Fruit in Season 8 oz. Low Fat Milk	3 oz. Grilled Chicken Breast Coq au Vin ½ c. Herb Mashed Potatoes ½ c. Broccoli Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Chocolate Chip Cookie 8 oz. Low Fat Milk
			September 13th	September 14th	September 15th	September 16th	September 17th
WEEK 2					3 oz. Mandarin Chicken ½ c. Gingered Carrots ½ c. Green Beans w/Almonds 1 sl. Whole Grain Wheat Bread Fresh Fruit In Season 8 oz. Low Fat Milk	3 oz. Sliced Baked Ham w/Pineapple Glaze ½ c. Mashed Potatoes ½ c. Peas w/Pearl Onions 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Sugar Cookie 8 oz. Low Fat Milk	8 oz. Three Bean Beef Chili (equal to 3 m/ma, 1/2 c. veg, 1 oz. sauce) ½ c. White Rice ½ c. Whole Kernel Corn 1 sl. Whole Wheat Bread Margarine Pat ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
	September 20th	September 21st			September 22nd	September 23rd	September 24th
WEEK 3					3 oz. Baked Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Baby Brussels Sprouts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pineapple Chunks Cup 8 oz. Low Fat Milk	3 oz. BBQ Pork Riblet ½ c. Carrots ½ c. Garden Peas 1 sl. Whole Grain Wheat Bread 1 Oatmeal Raisin Cookie 8 oz. Low Fat Milk	COLD PLATE Chef Salad (2 oz Turkey & Ham, 1 oz. Cheese, 1/2 c. Lettuce Salad) Ranch Style Dressing 1 sl. Whole Grain Wheat Bread Mayonnaise & Mustard Pkt. ½ c. Applesauce Cup 8 oz. Low Fat Milk
	September 27th	September 28th			September 29th	September 30th	October 1st

Blessed Trinity ADC**Hot Bulk Monthly Menu - Cycle I****Effective: April-September 2010** (03.16.10)

	3 oz. Salisbury Steak w/Brown Gravy ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 2 sl. White Bread Margarine Pat ½ c. Peach Cup 8 oz. Low Fat Milk	8 oz. Sliced Smoked Sausage & Butter Bean Casserole (equal to 3 m/ma, 1/2 c. veg., 1 oz. sauce) ½ c. Spinach ½ c. Carrot Cuts 1 sl. Whole Grain Wheat Bread Margarine Pat ½ c. Pear Cup 8 oz. Low Fat Milk	<u>Cheeseburger</u> 3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn with Diced Tomato 1 Hamburger Bun/ Sliced Cheese Ketchup / Mustard Fresh Fruit in Season 8 oz. Low Fat Milk	4 oz. Smothered Chicken Breast ½ c. Lima Beans ½ c. Rutabagas with Diced Red Pepper 1 sl. Whole Grain Wheat Bread Margarine Pat 1 Peanut Butter Cookie 8 oz. Low Fat Milk	<u>COLD PLATE</u> 8 oz. Tuna Pasta (equal to 3 m/ma, 1 bread/grain, 1 fat) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 sl. Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Approved By (Project Nutritionist):