

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 2</b>	<b>APRIL 2009</b>			<b>April 1<sup>st</sup></b> 3 oz. Breaded Pork Patty w/Onion Gravy ½ c. Herbed Potatoes ½ c. Garlic Spinach 1 sl. Whole Wheat Bread Margarine 1 Fresh Fruit in Season - Apple 8 oz. Low Fat Milk	<b>April 2<sup>nd</sup></b> 8 oz. Italian Spaghetti w/Meat Sauce (equal to ½ c. pasta, 3 oz. meat, 1 oz. sauce) ½ c. Green Beans ½ c. Tossed Vegetable Salad w/Carrot, Green Pepper & Tomato w/1 pkg. Italian Dressing 1 sl. Whole Wheat Bread Margarine 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	<b>April 3<sup>rd</sup></b> 4 oz. Egg Salad ½ c. Sliced Beet & Onion Salad ½ c. Tossed Salad w/Dressing 1 sl. Whole Grain Bread Margarine 1 Fresh Fruit in Season 8 oz. Low Fat Milk
	<b>WEEK 3</b>	<b>April 6<sup>th</sup></b> 3 oz. Meatballs with Italian Tomato Sauce (5 meatballs) ½ c. Italian Blend Vegetables ½ c. Carrots 1 Whole Wheat Hot Dog Bun (for meatball sub) 1 Chocolate Brownie 8 oz. Low Fat Milk	<b>April 7<sup>th</sup></b> 3 oz. Chicken Quarter w/Spanish Sauce ½ c. Fiesta Rice ½ c. Green Beans 1 Slice Whole Wheat Bread Margarine 1 Fresh Orange 8 oz. Low Fat Milk	<b>April 8<sup>th</sup></b> 4 oz. 100% Orange Juice 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Broccoli Cuts ½ c. Corn 1 Slice Whole Wheat Bread Margarine ½ c. Fruited Yogurt	<b>April 9<sup>th</sup></b> <b>COLD PLATE</b> Chef Salad (2 oz Turkey & Ham, ½ oz. Cheese, and ½ boiled Egg) Ranch Style Dressing 2 Slices Whole Wheat Bread ½ c. Applesauce 8 oz. Low Fat Milk	<b>April 10<sup>th</sup></b> 8 oz. Macaroni and Cheese Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Garden Green Peas ½ c. Stewed Tomatoes ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
<b>WEEK 4</b>		<b>April 13<sup>th</sup></b> 3 oz. Sliced Ham in Au Jus Sauce ½ c. Whipped Sweet Potatoes ½ c. Broccoli, Carrot, Cauliflower Mix 1 Whole Wheat Dinner Roll 1 Slice of Cake 8 oz. Low Fat Milk  <b><u>Easter Celebration</u></b>	<b>April 14<sup>th</sup></b> 4 oz. 100% Orange Juice 3 oz. Oven Broiled Hamburger w/Ketchup ½ c. Old Fashioned Baked Beans ½ c. Coleslaw 1 Hamburger Bun ½ c. Fruited Yogurt	<b>April 15<sup>th</sup></b> 8 oz. Beef Stew with Vegetables in Gravy ½ c. Parsley White Rice ½ c. Warm Applesauce 1 Slice Whole Grain Wheat Bread Margarine x2 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	<b>April 16<sup>th</sup></b> 3 oz. Oven Baked Chicken Quarter w/Chicken Gravy ½ c. Stewed Tomatoes ½ c. Potatoes Florentine 1 Slice Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk	<b>April 17<sup>th</sup></b> <b>COLD PLATE</b> 8 oz. Tuna Pasta (equal to 3 oz. m/ma w/pasta) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 Slice Whole Grain Wheat Bread/ Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
	<b>WEEK 1</b>	<b>April 20<sup>th</sup></b> 8 oz. Chicken & Yellow Rice Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Green Peas ½ c. Black Beans 1 Slice White Bread 1 pkt. Raisins 8 oz. Low Fat Milk	<b>April 21<sup>st</sup></b> <b>COLD PLATE</b> 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 2 Slices Whole Wheat Bread Mayonnaise & Mustard Packet 1 Fresh Banana 8 oz. Low Fat Milk	<b>April 22<sup>nd</sup></b> 3 oz. Baked Meatloaf w/ Brown Gravy ½ c. Au Graten Potatoes ½ c. Spinach 1 Slice Whole Wheat Bread 1 Fresh Orange 8 oz. Low Fat Milk	<b>April 23<sup>rd</sup></b> 3 oz. Baked Chicken Quarter with Sweet and Sour Sauce ½ c. Mashed Potato ½ c. Broccoli Cuts 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cobbler 8 oz. Low Fat Milk	<b>April 24<sup>th</sup></b> 3 oz. Meatballs (5) w/Italian Spaghetti and Sauce (equal to 3 oz. m/ma w/pasta in sauce) ½ c. Vegetable Blend (Cauliflower, Carrots) ½ c. Tossed Salad w/Italian Dressing 1 Slice Italian Bread/ Margarine 1 Sugar Cookie 8 oz. Low Fat Milk
<b>WEEK 2</b>		<b>April 27<sup>th</sup></b> 3 oz. BBQ Pork Riblet ½ c. Pinto Beans w/Peppers & Onions ½ c. Mixed Greens 1 Slice Fresh Baked Cornbread Margarine ½ c. Pear Cup 8 oz. Low Fat Milk	<b>April 28<sup>th</sup></b> 3 oz. Frankfurter w/Ketchup & Mustard ½ c. Baked Beans w/Tomato ½ c. Warm Cinnamon Apples ½ c. Coleslaw 1 Hot Dog Bun 8 oz. Low Fat Milk	<b>April 29<sup>th</sup></b> 3 oz. Salisbury Steak w/Brown Gravy ½ c. Whipped Potatoes ½ c. Carrot Cuts 1 Slice Whole Wheat Bread Margarine ½ c. Banana Pudding 8 oz. Low Fat Milk	<b>April 30<sup>th</sup></b> 8 oz. Texas Hash (equal to 3 oz. m/ma, ½ c. rice with vegetables in sauce) ½ c. Green Peas ½ c. Spiced Warm Peaches 1 Slice Whole Wheat Bread Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	

Approved By (Project Nutritionist):

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 2</b>	<b>MAY 2009</b>				<b>May 1<sup>st</sup></b>
					<b>COLD PLATE</b> 4 oz. Chicken Salad (equal to 3 oz. m/ma) ½ c. Tossed Salad w/French Dressing ½ c. Tomato and Cucumber Salad 2 Slices Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk
<b>WEEK 3</b>	<b>May 4<sup>th</sup></b>	<b>May 5<sup>th</sup></b>	<b>May 6<sup>th</sup></b>	<b>May 7<sup>th</sup></b>	<b>May 8<sup>th</sup></b>
	3 oz. Meatballs with Italian Tomato Sauce (5 meatballs) ½ c. Italian Blend Vegetables ½ c. Carrots 1 Whole Wheat Hot Dog Bun (for meatball sub) 1 Chocolate Brownie 8 oz. Low Fat Milk	3 oz. Chicken Quarter w/Spanish Sauce ½ c. Fiesta Rice ½ c. Green Beans 1 Slice Whole Wheat Bread Margarine 1 Fresh Orange 8 oz. Low Fat Milk	4 oz. 100% Orange Juice 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Broccoli Cuts ½ c. Corn 1 Slice Whole Wheat Bread Margarine ½ c. Fruited Yogurt	<b>COLD PLATE</b> Chef Salad (2 oz Turkey & Ham, ½ oz. Cheese, and ½ boiled Egg) Ranch Style Dressing 2 Slices Whole Wheat Bread ½ c. Applesauce 8 oz. Low Fat Milk	3 oz. Oven Baked Chicken w/Gravy ½ c. Mashed Potatoes ½ c. Mixed Vegetables 1 Slice Whole Wheat Bread 4 oz. Cherry Jubilee Dessert 8 oz. Low Fat Milk <b><i>Mother's Day Celebration</i></b>
<b>WEEK 4</b>	<b>May 11<sup>th</sup></b>	<b>May 12<sup>th</sup></b>	<b>May 13<sup>th</sup></b>	<b>May 14<sup>th</sup></b>	<b>May 15<sup>th</sup></b>
	3 oz. Grilled Chicken Breast Patty ½ c. Hot German Potato Salad ½ c. Green Beans 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	4 oz. 100% Orange Juice 3 oz. Oven Broiled Hamburger w/Ketchup ½ c. Old Fashioned Baked Beans ½ c. Coleslaw 1 Hamburger Bun ½ c. Fruited Yogurt	8 oz. Beef Stew with Vegetables in Gravy ½ c. Parsley White Rice ½ c. Warm Applesauce 1 Slice Whole Grain Wheat Bread Margarine x2 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	3 oz. Oven Baked Chicken Quarter w/Chicken Gravy ½ c. Stewed Tomatoes ½ c. Potatoes Florentine 1 Slice Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk	<b>COLD PLATE</b> 8 oz. Tuna Pasta (equal to 3 oz. m/ma w/pasta) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 Slice Whole Grain Wheat Bread/ Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
<b>WEEK 1</b>	<b>May 18<sup>th</sup></b>	<b>May 19<sup>th</sup></b>	<b>May 20<sup>th</sup></b>	<b>May 21<sup>st</sup></b>	<b>May 22<sup>nd</sup></b>
	8 oz. Chicken & Yellow Rice Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Green Peas ½ c. Black Beans 1 Slice White Bread 1 pkt. Raisins 8 oz. Low Fat Milk	<b>COLD PLATE</b> 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 2 Slices Whole Wheat Bread Mayonnaise & Mustard Packet 1 Fresh Banana 8 oz. Low Fat Milk	3 oz. Baked Meatloaf w/ Brown Gravy ½ c. Au Graten Potatoes ½ c. Spinach 1 Slice Whole Wheat Bread 1 Fresh Orange 8 oz. Low Fat Milk	3 oz. Baked Chicken Quarter with Sweet and Sour Sauce ½ c. Mashed Potato ½ c. Broccoli Cuts 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cobbler 8 oz. Low Fat Milk	3 oz. Meatballs (5) w/Italian Spaghetti and Sauce (equal to 3 oz. m/ma w/pasta in sauce) ½ c. Vegetable Blend (Cauliflower, Carrots) ½ c. Tossed Salad w/Italian Dressing 1 Slice Italian Bread/ Margarine 1 Sugar Cookie 8 oz. Low Fat Milk
<b>WEEK 2</b>	<b>May 25<sup>th</sup></b>	<b>May 26<sup>th</sup></b>	<b>May 27<sup>th</sup></b>	<b>May 28<sup>th</sup></b>	<b>May 29<sup>th</sup></b>
	<b>Memorial Day SITES CLOSED</b>	3 oz. Frankfurter w/Ketchup & Mustard ½ c. Baked Beans w/Tomato ½ c. Warm Cinnamon Apples 1 Hot Dog Bun 8 oz. Low Fat Milk	3 oz. Salisbury Steak w/Brown Gravy ½ c. Whipped Potatoes ½ c. Carrot Cuts 1 Slice Whole Wheat Bread Margarine ½ c. Banana Pudding 8 oz. Low Fat Milk	8 oz. Texas Hash (equal to 3 oz. m/ma, ½ c. rice with vegetables in sauce) ½ c. Green Peas ½ c. Spiced Warm Peaches 1 Slice Whole Wheat Bread Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	<b>COLD PLATE</b> 4 oz. Chicken Salad (equal to 3 oz. m/ma) ½ c. Tossed Salad w/French Dressing ½ c. Tomato and Cucumber Salad 2 Slices Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 3</b>	<b>June 1<sup>st</sup></b> 3 oz. Meatballs with Italian Tomato Sauce (5 meatballs) ½ c. Italian Blend Vegetables ½ c. Carrots 1 Whole Wheat Hot Dog Bun (for meatball sub) 1 Chocolate Brownie 8 oz. Low Fat Milk	<b>June 2<sup>nd</sup></b> 3 oz. Chicken Quarter w/Spanish Sauce ½ c. Fiesta Rice ½ c. Green Beans 1 Slice Whole Wheat Bread Margarine 1 Fresh Orange 8 oz. Low Fat Milk	<b>June 3<sup>rd</sup></b> 4 oz. 100% Orange Juice 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Broccoli Cuts ½ c. Corn 1 Slice Whole Wheat Bread Margarine ½ c. Fruited Yogurt	<b>June 4<sup>th</sup></b> <b>COLD PLATE</b> Chef Salad (2 oz Turkey & Ham, ½ oz. Cheese, and ½ boiled Egg) Ranch Style Dressing 2 Slices Whole Wheat Bread ½ c. Applesauce 8 oz. Low Fat Milk	<b>June 5<sup>th</sup></b> 8 oz. Macaroni and Cheese Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Garden Green Peas ½ c. Stewed Tomatoes ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
	<b>June 8<sup>th</sup></b> 3 oz. Grilled Chicken Breast Patty ½ c. Hot German Potato Salad ½ c. Green Beans 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	<b>June 9<sup>th</sup></b> 4 oz. 100% Orange Juice 3 oz. Oven Broiled Hamburger w/Ketchup ½ c. Old Fashioned Baked Beans ½ c. Coleslaw 1 Hamburger Bun ½ c. Fruited Yogurt	<b>June 10<sup>th</sup></b> 8 oz. Beef Stew with Vegetables in Gravy ½ c. Parsley White Rice ½ c. Warm Applesauce 1 Slice Whole Grain Wheat Bread Margarine x2 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	<b>June 11<sup>th</sup></b> 3 oz. Oven Baked Chicken Quarter w/Chicken Gravy ½ c. Stewed Tomatoes ½ c. Potatoes Florentine 1 Slice Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk	<b>June 12<sup>th</sup></b> <b>COLD PLATE</b> 8 oz. Tuna Pasta (equal to 3 oz. m/ma w/pasta) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 Slice Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
<b>WEEK 4</b>	<b>June 15<sup>th</sup></b> 8 oz. Chicken & Yellow Rice Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Green Peas ½ c. Black Beans 1 Slice White Bread 1 pkt. Raisins 8 oz. Low Fat Milk	<b>June 16<sup>th</sup></b> <b>COLD PLATE</b> 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 2 Slices Whole Wheat Bread Mayonnaise & Mustard Packet 1 Fresh Banana 8 oz. Low Fat Milk	<b>June 17<sup>th</sup></b> 3 oz. Baked Meatloaf w/ Brown Gravy ½ c. Au Graten Potatoes ½ c. Spinach 1 Slice Whole Wheat Bread 1 Fresh Orange 8 oz. Low Fat Milk	<b>June 18<sup>th</sup></b> 3 oz. Baked Chicken Quarter with Sweet and Sour Sauce ½ c. Mashed Potato ½ c. Broccoli Cuts 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cobbler 8 oz. Low Fat Milk	<b>June 19<sup>th</sup></b> 4 oz. Oven Baked Chicken ½ c. Green Peas w/Pimento ½ c. Carrots 1 Slice Whole Wheat Bread ½ c. Peach Apple Crisp 8 oz. Low Fat Milk  <b><u>Father's Day Celebration</u></b>
	<b>June 22<sup>nd</sup></b> 3 oz. BBQ Pork Riblet ½ c. Pinto Beans w/Peppers & Onions ½ c. Mixed Greens 1 Slice Fresh Baked Cornbread Margarine ½ c. Pear Cup 8 oz. Low Fat Milk	<b>June 23<sup>rd</sup></b> 3 oz. Frankfurter w/Ketchup & Mustard ½ c. Baked Beans w/Tomato ½ c. Warm Cinnamon Apples ½ c. Coleslaw 1 Hot Dog Bun 8 oz. Low Fat Milk	<b>June 24<sup>th</sup></b> 3 oz. Salisbury Steak w/Brown Gravy ½ c. Whipped Potatoes ½ c. Carrot Cuts 1 Slice Whole Wheat Bread Margarine ½ c. Banana Pudding 8 oz. Low Fat Milk	<b>June 25<sup>th</sup></b> 8 oz. Texas Hash (equal to 3 oz. m/ma, ½ c. rice with vegetables in sauce) ½ c. Green Peas ½ c. Spiced Warm Peaches 1 Slice Whole Wheat Bread Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	<b>June 26<sup>th</sup></b> <b>COLD PLATE</b> 4 oz. Chicken Salad (equal to 3 oz. m/ma) ½ c. Tossed Salad w/French Dressing ½ c. Tomato and Cucumber Salad 2 Slices Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk
<b>WEEK 1</b>	<b>June 29<sup>th</sup></b> 3 oz. Meatballs with Italian Tomato Sauce (5 meatballs) ½ c. Italian Blend Vegetables ½ c. Carrots 1 Whole Wheat Hot Dog Bun (for meatball sub) 1 Chocolate Brownie 8 oz. Low Fat Milk	<b>June 30<sup>th</sup></b> 3 oz. Chicken Quarter w/Spanish Sauce ½ c. Fiesta Rice ½ c. Green Beans 1 Slice Whole Wheat Bread Margarine 1 Fresh Orange 8 oz. Low Fat Milk	<b>JUNE 2009</b>		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	<b>JULY 2009</b>		<b>July 1<sup>st</sup></b>	<b>July 2<sup>nd</sup></b>	<b>July 3<sup>rd</sup></b>
			4 oz. 100% Orange Juice 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Broccoli Cuts ½ c. Corn 1 Slice Whole Wheat Bread Margarine ½ c. Fruited Yogurt	3 oz. Frankfurter w/ Mustard/Ketchup ½ c. Baked Beans w/Tomato Bits ½ c. Warm Cinnamon Apples ½ c. Cole Slaw w/Shredded Carrots 1 Hot Dog Bun Fresh Fruit in Season 8 oz. Low Fat Milk <b><u>Independence Day Celebration</u></b>	<b><u>Independence Day Holiday</u></b> <b>SITES CLOSED</b>
WEEK 4	<b>July 6<sup>th</sup></b>	<b>July 7<sup>th</sup></b>	<b>July 8<sup>th</sup></b>	<b>July 9<sup>th</sup></b>	<b>July 10<sup>th</sup></b>
	3 oz. Grilled Chicken Breast Patty ½ c. Hot German Potato Salad ½ c. Green Beans 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	4 oz. 100% Orange Juice 3 oz. Oven Broiled Hamburger w/Ketchup ½ c. Old Fashioned Baked Beans ½ c. Coleslaw 1 Hamburger Bun ½ c. Fruited Yogurt	8 oz. Beef Stew with Vegetables in Gravy ½ c. Parsley White Rice ½ c. Warm Applesauce 1 Slice Whole Grain Wheat Bread Margarine x2 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	3 oz. Oven Baked Chicken Quarter w/Chicken Gravy ½ c. Stewed Tomatoes ½ c. Potatoes Florentine 1 Slice Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk	<b><u>COLD PLATE</u></b> 8 oz. Tuna Pasta (equal to 3 oz. m/ma w/pasta) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 Slice Whole Grain Wheat Bread/ Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
WEEK 1	<b>July 13<sup>th</sup></b>	<b>July 14<sup>th</sup></b>	<b>July 15<sup>th</sup></b>	<b>July 16<sup>th</sup></b>	<b>July 17<sup>th</sup></b>
	8 oz. Chicken & Yellow Rice Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Green Peas ½ c. Black Beans 1 Slice White Bread 1 pkt. Raisins 8 oz. Low Fat Milk	<b><u>COLD PLATE</u></b> 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 2 Slices Whole Wheat Bread Mayonnaise & Mustard Packet 1 Fresh Banana 8 oz. Low Fat Milk	3 oz. Baked Meatloaf w/ Brown Gravy ½ c. Au Graten Potatoes ½ c. Spinach 1 Slice Whole Wheat Bread 1 Fresh Orange 8 oz. Low Fat Milk	3 oz. Baked Chicken Quarter with Sweet and Sour Sauce ½ c. Mashed Potato ½ c. Broccoli Cuts 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cobbler 8 oz. Low Fat Milk	3 oz. Meatballs (5) w/Italian Spaghetti and Sauce (equal to 3 oz. m/ma w/pasta in sauce) ½ c. Vegetable Blend (Cauliflower, Carrots) ½ c. Tossed Salad w/Italian Dressing 1 Slice Italian Bread/ Margarine 1 Sugar Cookie 8 oz. Low Fat Milk
WEEK 2	<b>July 20<sup>th</sup></b>	<b>July 21<sup>st</sup></b>	<b>July 22<sup>nd</sup></b>	<b>July 23<sup>rd</sup></b>	<b>July 24<sup>th</sup></b>
	3 oz. BBQ Pork Riblet ½ c. Pinto Beans w/Peppers & Onions ½ c. Mixed Greens 1 Slice Fresh Baked Cornbread Margarine ½ c. Pear Cup 8 oz. Low Fat Milk	3 oz. Frankfurter w/Ketchup & Mustard ½ c. Baked Beans w/Tomato ½ c. Warm Cinnamon Apples ½ c. Coleslaw 1 Hot Dog Bun 8 oz. Low Fat Milk	3 oz. Salisbury Steak w/Brown Gravy ½ c. Whipped Potatoes ½ c. Carrot Cuts 1 Slice Whole Wheat Bread Margarine ½ c. Banana Pudding 8 oz. Low Fat Milk	8 oz. Texas Hash (equal to 3 oz. m/ma, ½ c. rice with vegetables in sauce) ½ c. Green Peas ½ c. Spiced Warm Peaches 1 Slice Whole Wheat Bread Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	<b><u>COLD PLATE</u></b> 4 oz. Chicken Salad (equal to 3 oz. m/ma) ½ c. Tossed Salad w/French Dressing ½ c. Tomato and Cucumber Salad 2 Slices Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk
WEEK 3	<b>July 27<sup>th</sup></b>	<b>July 28<sup>th</sup></b>	<b>July 29<sup>th</sup></b>	<b>July 30<sup>th</sup></b>	<b>July 31<sup>st</sup></b>
	3 oz. Meatballs with Italian Tomato Sauce (5 meatballs) ½ c. Italian Blend Vegetables ½ c. Carrots 1 Whole Wheat Hot Dog Bun (for meatball sub) 1 Chocolate Brownie 8 oz. Low Fat Milk	3 oz. Chicken Quarter w/Spanish Sauce ½ c. Fiesta Rice ½ c. Green Beans 1 Slice Whole Wheat Bread Margarine 1 Fresh Orange 8 oz. Low Fat Milk	4 oz. 100% Orange Juice 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Broccoli Cuts ½ c. Corn 1 Slice Whole Wheat Bread Margarine ½ c. Fruited Yogurt	<b><u>COLD PLATE</u></b> Chef Salad (2 oz Turkey & Ham, ½ oz. Cheese, and ½ boiled Egg) Ranch Style Dressing 2 Slices Whole Wheat Bread ½ c. Applesauce 8 oz. Low Fat Milk	8 oz. Macaroni and Cheese Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Garden Green Peas ½ c. Stewed Tomatoes ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk

Approved By (Project Nutritionist):

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 4</b>	<b>August 3<sup>rd</sup></b> 3 oz. Grilled Chicken Breast Patty ½ c. Hot German Potato Salad ½ c. Green Beans 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	<b>August 4<sup>th</sup></b> 4 oz. 100% Orange Juice 3 oz. Oven Broiled Hamburger w/Ketchup ½ c. Old Fashioned Baked Beans ½ c. Coleslaw 1 Hamburger Bun ½ c. Fruited Yogurt	<b>August 5<sup>th</sup></b> 8 oz. Beef Stew with Vegetables in Gravy ½ c. Parsley White Rice ½ c. Warm Applesauce 1 Slice Whole Grain Wheat Bread Margarine x2 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	<b>August 6<sup>th</sup></b> 3 oz. Oven Baked Chicken Quarter w/Chicken Gravy ½ c. Stewed Tomatoes ½ c. Potatoes Florentine 1 Slice Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk	<b>August 7<sup>th</sup></b> <b>COLD PLATE</b> 8 oz. Tuna Pasta (equal to 3 oz. m/ma w/pasta) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 Slice Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
	<b>August 10<sup>th</sup></b> 8 oz. Chicken & Yellow Rice Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Green Peas ½ c. Black Beans 1 Slice White Bread 1 pkt. Raisins 8 oz. Low Fat Milk	<b>August 11<sup>th</sup></b> <b>COLD PLATE</b> 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 2 Slices Whole Wheat Bread Mayonnaise & Mustard Packet 1 Fresh Banana 8 oz. Low Fat Milk	<b>August 12<sup>th</sup></b> 3 oz. Baked Meatloaf w/ Brown Gravy ½ c. Au Graten Potatoes ½ c. Spinach 1 Slice Whole Wheat Bread 1 Fresh Orange 8 oz. Low Fat Milk	<b>August 13<sup>th</sup></b> 3 oz. Baked Chicken Quarter with Sweet and Sour Sauce ½ c. Mashed Potato ½ c. Broccoli Cuts 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cobbler 8 oz. Low Fat Milk	<b>August 14<sup>th</sup></b> 3 oz. Meatballs (5) w/Italian Spaghetti and Sauce (equal to 3 oz. m/ma w/pasta in sauce) ½ c. Vegetable Blend (Cauliflower, Carrots) ½ c. Tossed Salad w/Italian Dressing 1 Slice Italian Bread/ Margarine 1 Sugar Cookie 8 oz. Low Fat Milk
<b>WEEK 2</b>	<b>August 17<sup>th</sup></b> 3 oz. BBQ Pork Riblet ½ c. Pinto Beans w/Peppers & Onions ½ c. Mixed Greens 1 Slice Fresh Baked Cornbread Margarine ½ c. Pear Cup 8 oz. Low Fat Milk	<b>August 18<sup>th</sup></b> 3 oz. Frankfurter w/Ketchup & Mustard ½ c. Baked Beans w/Tomato ½ c. Warm Cinnamon Apples ½ c. Coleslaw 1 Hot Dog Bun 8 oz. Low Fat Milk	<b>August 19<sup>th</sup></b> 3 oz. Salisbury Steak w/Brown Gravy ½ c. Whipped Potatoes ½ c. Carrot Cuts 1 Slice Whole Wheat Bread Margarine ½ c. Banana Pudding 8 oz. Low Fat Milk	<b>August 20<sup>th</sup></b> 8 oz. Texas Hash (equal to 3 oz. m/ma, ½ c. rice with vegetables in sauce) ½ c. Green Peas ½ c. Spiced Warm Peaches 1 Slice Whole Wheat Bread Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	<b>August 21<sup>st</sup></b> <b>COLD PLATE</b> 4 oz. Chicken Salad (equal to 3 oz. m/ma) ½ c. Tossed Salad w/French Dressing ½ c. Tomato and Cucumber Salad 2 Slices Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk
	<b>August 24<sup>th</sup></b> 3 oz. Meatballs with Italian Tomato Sauce (5 meatballs) ½ c. Italian Blend Vegetables ½ c. Carrots 1 Whole Wheat Hot Dog Bun (for meatball sub) 1 Chocolate Brownie 8 oz. Low Fat Milk	<b>August 25<sup>th</sup></b> 3 oz. Chicken Quarter w/Spanish Sauce ½ c. Fiesta Rice ½ c. Green Beans 1 Slice Whole Wheat Bread Margarine 1 Fresh Orange 8 oz. Low Fat Milk	<b>August 26<sup>th</sup></b> 4 oz. 100% Orange Juice 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Broccoli Cuts ½ c. Corn 1 Slice Whole Wheat Bread Margarine ½ c. Fruited Yogurt	<b>August 27<sup>th</sup></b> <b>COLD PLATE</b> Chef Salad (2 oz Turkey & Ham, ½ oz. Cheese, and ½ boiled Egg) Ranch Style Dressing 2 Slices Whole Wheat Bread ½ c. Applesauce 8 oz. Low Fat Milk	<b>August 28<sup>th</sup></b> 8 oz. Macaroni and Cheese Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Garden Green Peas ½ c. Stewed Tomatoes ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
<b>WEEK 3</b>	<b>August 31<sup>st</sup></b> 3 oz. Grilled Chicken Breast Patty ½ c. Hot German Potato Salad ½ c. Green Beans 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	<b>AUGUST 2009</b>			

Approved By (Project Nutritionist):

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 4</b>		<b>September 1<sup>st</sup></b>	<b>September 2<sup>nd</sup></b>	<b>September 3<sup>rd</sup></b>	<b>September 4<sup>th</sup></b>
		4 oz. 100% Orange Juice 3 oz. Oven Broiled Hamburger w/Ketchup ½ c. Old Fashioned Baked Beans ½ c. Coleslaw 1 Hamburger Bun ½ c. Fruited Yogurt	8 oz. Beef Stew with Vegetables in Gravy ½ c. Parsley White Rice ½ c. Warm Applesauce 1 Slice Whole Grain Wheat Bread Margarine x2 1 Chocolate Chip Cookie 8 oz. Low Fat Milk	3 oz. Oven Baked Chicken Quarter w/Chicken Gravy ½ c. Stewed Tomatoes ½ c. Potatoes Florentine 1 Slice Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk	<b>COLD PLATE</b> 8 oz. Tuna Pasta (equal to 3 oz. m/ma w/pasta) ½ c. Tossed Garden Salad w/French Dressing ½ c. Carrot Raisin Salad 1 Slice Whole Grain Wheat Bread Margarine ½ c. Peach and Pear Cup 8 oz. Low Fat Milk
<b>WEEK 1</b>	<b>September 7<sup>th</sup></b>	<b>September 8<sup>th</sup></b>	<b>September 9<sup>th</sup></b>	<b>September 10<sup>th</sup></b>	<b>September 11<sup>th</sup></b>
	<b>Labor Day SITES CLOSED</b>	3 oz. Baked Meatloaf w/ Brown Gravy ½ c. Au Graten Potatoes ½ c. Spinach 1 Slice Whole Wheat Bread 1 Fresh Orange 8 oz. Low Fat Milk	<b>COLD PLATE</b> 2.5 oz. Sliced Turkey & .5 oz. Sliced Cheese ½ c. Three Bean Salad ½ c. Dill Potato Salad 2 Slices Whole Wheat Bread Mayonnaise & Mustard Packet 1 Fresh Banana 8 oz. Low Fat Milk	3 oz. Baked Chicken Quarter with Sweet and Sour Sauce ½ c. Mashed Potato ½ c. Broccoli Cuts 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cobbler 8 oz. Low Fat Milk	3 oz. Meatballs (5) w/Italian Spaghetti and Sauce (equal to 3 oz. m/ma w/pasta in sauce) ½ c. Vegetable Blend (Cauliflower, Carrots) ½ c. Tossed Salad w/Italian Dressing 1 Slice Italian Bread/ Margarine 1 Sugar Cookie 8 oz. Low Fat Milk
<b>WEEK 2</b>	<b>September 14<sup>th</sup></b>	<b>September 15<sup>th</sup></b>	<b>September 16<sup>th</sup></b>	<b>September 17<sup>th</sup></b>	<b>September 18<sup>th</sup></b>
	3 oz. BBQ Pork Riblet ½ c. Pinto Beans w/Peppers & Onions ½ c. Mixed Greens 1 Slice Fresh Baked Cornbread Margarine ½ c. Pear Cup 8 oz. Low Fat Milk	3 oz. Frankfurter w/Ketchup & Mustard ½ c. Baked Beans w/Tomato ½ c. Warm Cinnamon Apples ½ c. Coleslaw 1 Hot Dog Bun 8 oz. Low Fat Milk	3 oz. Salisbury Steak w/Brown Gravy ½ c. Whipped Potatoes ½ c. Carrot Cuts 1 Slice Whole Wheat Bread Margarine ½ c. Banana Pudding 8 oz. Low Fat Milk	8 oz. Texas Hash (equal to 3 oz. m/ma, ½ c. rice with vegetables in sauce) ½ c. Green Peas ½ c. Spiced Warm Peaches 1 Slice Whole Wheat Bread Margarine 1 Oatmeal Cookie 8 oz. Low Fat Milk	<b>COLD PLATE</b> 4 oz. Chicken Salad (equal to 3 oz. m/ma) ½ c. Tossed Salad w/French Dressing ½ c. Tomato and Cucumber Salad 2 Slices Whole Wheat Bread 1 Fresh Banana 8 oz. Low Fat Milk
<b>WEEK 3</b>	<b>September 21<sup>st</sup></b>	<b>September 22<sup>nd</sup></b>	<b>September 23<sup>rd</sup></b>	<b>September 24<sup>th</sup></b>	<b>September 25<sup>th</sup></b>
	3 oz. Meatballs with Italian Tomato Sauce (5 meatballs) ½ c. Italian Blend Vegetables ½ c. Carrots 1 Whole Wheat Hot Dog Bun (for meatball sub) 1 Chocolate Brownie 8 oz. Low Fat Milk	3 oz. Chicken Quarter w/Spanish Sauce ½ c. Fiesta Rice ½ c. Green Beans 1 Slice Whole Wheat Bread Margarine 1 Fresh Orange 8 oz. Low Fat Milk	4 oz. 100% Orange Juice 3 oz. Pork Chop Patty w/Brown Gravy ½ c. Broccoli Cuts ½ c. Corn 1 Slice Whole Wheat Bread Margarine ½ c. Fruited Yogurt	<b>COLD PLATE</b> Chef Salad (2 oz Turkey & Ham, ½ oz. Cheese, and ½ boiled Egg) Ranch Style Dressing 2 Slices Whole Wheat Bread ½ c. Applesauce 8 oz. Low Fat Milk	8 oz. Macaroni and Cheese Casserole (equal to 3 oz. m/ma, 1 bread) ½ c. Garden Green Peas ½ c. Stewed Tomatoes ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk
<b>WEEK 4</b>	<b>September 28<sup>th</sup></b>	<b>September 29<sup>th</sup></b>	<b>September 30<sup>th</sup></b>	<b>SEPTEMBER 2009</b>	
	3 oz. Grilled Chicken Breast Patty ½ c. Hot German Potato Salad ½ c. Green Beans 1 Slice Whole Wheat Bread ½ c. Mixed Fruit Cup 8 oz. Low Fat Milk	4 oz. 100% Orange Juice 3 oz. Oven Broiled Hamburger w/Ketchup ½ c. Old Fashioned Baked Beans ½ c. Coleslaw 1 Hamburger Bun ½ c. Fruited Yogurt	8 oz. Beef Stew with Vegetables in Gravy ½ c. Parsley White Rice ½ c. Warm Applesauce 1 Slice Whole Grain Wheat Bread Margarine x2 1 Chocolate Chip Cookie 8 oz. Low Fat Milk		

Approved By (Project Nutritionist):

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