

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.						1 BBQ Pulled Pork (oil, vinegar, ketchup, br. Sugar, onions, celery, Liq Smoke, dry mustard) Braised Red Cabbage (marg, apple juice, LS veg base, apple cider vinegar, sugar) Sweet Potato Pudding (marg, br.sugar, cinn, nutmeg, ginger, cloves, milk, egg) Whole Wheat Roll (2)		2 Beef Pot Roast (celery, carrots, onion, s & p) Oven Roasted Potatoes (marg, oil, s & p) Italian Green Beans (oregano, garlic, s & p, tomatoes) Whole Grain Muffin (bran, oatmeal, flour, eggs, oil, molasses, br sugar, baking powder, salt)	
		5		6		7		8	
Mac and Cheese (oil, flour, milk, cheddar cheese) Baked Tomato Half (bl pep, marg, bread, crumbs, onion) Seasoned Broccoli (no salt seasoning) Whole Wheat Roll		Fish Creole (oil, onion, celery, flour, tomato, vinegar, sugar) Yellow Rice (salt, oil, turmeric) Seasonal Vegetable Fruited Gelatin Salad (SF gelatin mix and canned fruit) Whole Wheat Roll		Turkey Dressing Supreme (cornbread, marg, celery, onion, gr pepper, flour, milk, LS chicken base, poultry seasoning, bl pep, garlic, sage) Cranberry Glazed Carrots (OJ, apple cider vinegar, rosemary, cranberry sauce) Sliced Peaches Whole Wheat Roll		Bavarian Beef (oil, noon, caraway seeds, s & p, bay leaf, vinegar, sugar, cabbage, ginger snaps) Buttered Peas & Onions Roasted Cauliflower (marg, Italian dressing) Whole Wheat Roll (2)		Cheese Ravioli with Marinara Sauce (ww flour, ricotta cheese, mozzarella, Romano cheese, oregano, parsley, oil, onions, garlic, carrots, tomato, bl pepper, basil) Mixed Italian Vegetables (no salt seasoning) Pear Crumble (sugar, cinn, flour, lemon, br. sugar, oats, marg) Whole Wheat Roll	
12		13		14		15		16	
Chicken Pot Pie (marg, onions, flour, LS soup base, bl pep, thyme, poultry seasoning, peas, carrots, cobbler dough) Turnips & Greens (marg, onions, LS veg base) Spiced Peaches (apple cider vinegar, sugar, cinn, cloves, all cinna) Whole Wheat Roll		Pork w/ Apples and Cranberries (apple cider vinegar, OJ, dried cranberries, LS veg base) Baked Sweet Potato California Blend Vegetables (no salt seasoning) Whole Wheat Roll (2)		Orange Chicken & Broccoli Stir-fry (OJ, LS soy sauce, cornstarch, sugar, wine, oil, carrots, water chestnuts, garlic, ginger) Brown Rice Seasoned Beets (no-salt seasoning) Pie Whole Wheat Roll		Baked Fish w/ Lemon Butter (butter, dill, lemon and thyme) Quinoa w/ Roasted Root Veg (carrots, squash, onion, thyme, oil, coriander, raisins, LS vg base, parsley) Seasonal Vegetable (no-salt seasoning) Custard Bread Pudding (WW bread, egg, salt, sugar, van extract, milk, cinn, nutmeg) Whole Wheat Roll Pineapple Chunks		Chili Con Carne (beef, onions, garlic, gr pepper, carrots, tomatoes, chili powder, cumin, bl pep, kidney beans, cornmeal) Cinnamon Baked Apples (cornstarch, cinn, nutmeg, cloves, apple jce, marg, br sugar, honey) 1/2 Baked Potato Whole Wheat Crackers Whole Wheat Roll	
19		20		21		22		23	
Orange-Cranberry Chicken- (olive oil, bl. Pep, salt free seasoning, OJ, Dijon mustard, cinnamon, raisins) Seasonal Vegetable (salt free seasoning) Baked Acorn Squash (salt, nutmeg, cinnamon, marg) Banana Oatmeal Bread (oil, eggs, flour, oats, sugar, baking powder, baking soda, salt) Whole Wheat Roll		Breaded Baked Fish (bl pep, flour, plain bread crumbs) Corn and Cheese Pudding (egg, flour, milk, s & p, Dill, corn, oil, onions, carrots, green pep, cheese) Sautéed Spinach w/ Olive Oil (s & p, nutmeg, lemon juice) Peaches Whole Wheat Roll		Roast Turkey w/ Gravy (Marg, oil, flour, LS turkey base, thyme s & p) Herbed Bread Stuffing (marg, celery, onion, LS veg base, poultry seasoning, thyme, ww bread) Brussels Sprouts (butter, salt free seasoning) Fruited Gelatin Salad (SF gelatin mix and canned fruit) Whole Wheat Roll		Old Fashioned Meatloaf w/ Gravy (LS soup base, butter, flour, onion, gr pepper, egg, tomato sauce, worchestershire sauce, bread crumbs) Garlic Smashed Potatoes (marg, milk, garlic s & p) Seasoned Broccoli (no salt seasoning) Whole Wheat Roll (2)		Maple Glazed Pork Loin (maple flavored pancake syrup, Dijon mustard, apple cider vinegar, LS soy sauce, bl pepper) Butternut Squash with Pears (s & p, rosemary, onion, butter) Roasted Cauliflower (marg, Italian dressing) Whole Wheat Roll (2)	
26		27		28		29			
Cheese Omelet (eggs, whey, cream cheese, milk, salt, carob bean gum, sodium phosphate, soybean oil, food starch, salt, xanthan and guar gum, citric acid) Ratatouille (oil, onion, garlic, eggplant, gr pep, tomato, zucchini, bl pepper, basil and oregano) Oven Fried Potatoes (marg, onion, gr pepper, s & p) Whole Wheat Roll (2)		Lemon Basil Chicken w/ Mushrooms (s & p, garlic, lemon, olive oil, onion, corn starch, LS chicken broth, basil) Butternut Squash Bake (ww flour, oatmeal, br sugar, cinn, nut., salt, marg, oil, 1/2 and 1/2, all spice, van extract, egg) Custard Bread Pudding (ww bread, egg, salt, sugar, van ext, milk, cinn, nutmeg) Mandarin Oranges/Seasonal Vegetable (no salt seasoning) Whole Wheat Roll		Creamy Salmon Alfredo (noodles, s & p, oil, marg, onions, flour, LS veg base, milk, Old Bay, peas, bread crumbs, Romano cheese, parsley, paprika) Seasoned Greens (marg, onion, apple cider vinegar, red & bl pepper, salt free seasoning) Butterscotch Apple Dessert (flour, breadcrumbs, br.sugar, salt, marg) Parsley Buttered Carrots (marg) Whole Wheat Roll		BBQ Pulled Pork (oil, vinegar, ketchup, br. Sugar, onions, celery, Liq Smoke, dry mustard) Braised Red Cabbage (marg, apple juice, LS veg base, apple cider vinegar, sugar) Sweet Potato Pudding (marg, br.sugar, cinn, nutmeg, ginger, cloves, milk, egg) Whole Wheat Roll (2)			