

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1		2		3		4		5		
Mac and Cheese (oil, flour, milk, cheddar cheese)	Fish Creole (oil, onion, celery, flour, tomato, vinegar, sugar)	Turkey Dressing Supreme (cornbread, marg, celery, onion, gr pepper, flour, milk, LS chicken base, poultry seasoning, bl pep, garlic, sage)	Bavarian Beef (oil, noon, caraway seeds, s & p, bay leaf, vinegar, sugar, cabbage, ginger snaps)	Cheese Ravioli with Marinara Sauce (ww flour, ricotta cheese, mozzarella, Romano cheese, oregano, parsley, oil, onions, garlic, carrots, tomato, bl pepper, basil)	Baked Tomato Half (bl pep, marg, bread, crumbs, onion)	Yellow Rice (salt,oil, turmeric)	Cranberry Glazed Carrots (OJ, apple cider vinegar, rosemary, cranberry sauce)	Buttered Peas & Onions	Mixed Italian Vegetables (no salt seasoning)	
Seasoned Broccoli (no salt seasoning)	Seasonal Vegetable	Sliced Peaches	Roasted Cauliflower (marg, Italian dressing)	Pear Crumble (sugar, cinn, flour, lemon, br. sugar, oats, marg)	Whole Wheat Roll	Whole Wheat Roll	Whole Wheat Roll	Whole Wheat Roll (2)	Whole Wheat Roll	
8		9		10		11		12		
Chicken Pot Pie (marg, onions, flour, LS soup base, bl pep, thyme, poultry seasoning, peas, carrots, cobbler dough)	Pork w/ Apples and Cranberries (apple cider vinegar, OJ, dried cranberries, LS veg base)	Orange Chicken & Broccoli Stir-fry (OJ, LS soy sauce, cornstarch, sugar, wine, oil, carrots, water chestnuts, garlic, ginger)	Baked Fish w/ Lemon Butter (butter, dill, lemon and thyme)	Chili Con Carne (beef, onions, garlic, gr pepper, carrots, tomatoes, chili powder, cumin, bl pep, kidney beans, cornmeal)	Turnips & Greens (marg, onions, LS veg base)	Baked Sweet Potato	Brown Rice	Quinoa w/ Roasted Root Veg (carrots, squash, onion, thyme, oil, coriander, raisins, LS vg base, parsley)	Cinnamon Baked Apples (cornstarch, cinn, nutmeg, cloves, apple jce, marg, br sugar, honey)	
Spiced Peaches (apple cider vinegar, sugar, cinn, cloves, all spice)	California Blend Vegetables (no salt seasoning)	Seasoned Beets (no-salt seasoning)	Seasonal Vegetable (no-salt seasoning)	1/2 Baked Potato	Whole Wheat Roll	Pie	Custard Bread Pudding (WW bread, egg, salt, sugar, van extract, milk, cinn, nutmeg) Whole Wheat Roll	Whole Wheat Crackers	Whole Wheat Roll	
Whole Wheat Roll	Whole Wheat Roll (2)	Whole Wheat Roll	Pineapple Chunks	Whole Wheat Roll	15		16		17	
Orange-Cranberry Chicken- (olive oil, bl. Pep, salt free seasoning, OJ, Dijon mustard, cinnamon, raisins)	Breaded Baked Fish (bl pep, flour, plain bread crumbs)	Roast Turkey w/ Gravy (Marg, oil, flour, LS turkey base, thyme s & p)	Old Fashioned Meatloaf w/ Gravy (LS soup base, butter, flour, onion, gr pepper, egg, tomato sauce, worchestershire sauce, bread crumbs)	Maple Glazed Pork Loin (maple flavored pancake syrup, Dijon mustard, apple cider vinegar, LS soy sauce, bl pepper)	Seasonal Vegetable (salt free seasoning)	Corn and Cheese Pudding (egg, flour, milk, s & p,, Dill, corn, oil, onions, carrots, green pep, cheese)	Herbed Bread Stuffing (marg, celery, onion, LS veg base, poultry seasoning, thyme, ww bread)	Garlic Smashed Potatoes (marg, milk, garlic s & p)	Butternut Squash with Pears (s & p, rosemary, onion, butter)	
Baked Acorn Squash (salt, nutmeg, cinnamon, marg)	Sauteed Spinach w/ Olive Oil (s & p, nutmeg, lemon juice)	Brussels Sprouts (butter, salt free seasoning)	Seasoned Broccoli (no salt seasoning)	Roasted Cauliflower (marg, Italian dressing)	Banana Oatmeal Bread (oil, eggs, flour, oats, sugar, baking powder, baking soda, salt)	Peaches	Fruited Gelatin Salad (SF gelatin mix and canned fruit)	Whole Wheat Roll (2)	Whole Wheat Roll (2)	
Whole Wheat Roll	Whole Wheat Roll	Whole Wheat Roll	Whole Wheat Roll (2)	Whole Wheat Roll (2)	22		23		24	
Cheese Omelet (eggs, whey, cream cheese, milk, salt, carob bean gum, sodium phosphate, soybean oil, food starch, salt, xanthan and guar gum, citric acid)	Lemon Basil Chicken w/ Mushrooms (s & p, garlic, lemon, olive oil, onion, corn starch, LS chicken broth, basil)	Creamy Salmon Alfredo (noodles, s & p, oil, marg, onions, flour, LS veg base, milk, Old Bay, peas, bread crumbs, Romano cheese, parsley, paprika)	BBQ Pulled Pork (oil, vinegar, ketchup, br. Sugar, onions, celery,Liq Smoke, dry mustard)	Beef Pot Roast (celery, carrots, onion, s & p, low sod soup base, flour)	Ratatouille (oil, onion, garlic, eggplant, gr pep, tomato, zucchini, bl pepper, basil and oregano)	Butternut Squash Bake (ww flour, oatmeal, br sugar, cinn, nut., salt, marg, oil, 1/2 and 1/2, all spice, van extract, egg)	Seasoned Greens (marg, onion, apple cider vinegar, red & bl pepper, salt free seasoning)	Braised Red Cabbage (marg, apple juice, LS veg base, apple cider vinegar, sugar)	Oven Roasted Potatoes (marg, oil, s & p)	
Oven Fried Potatoes (marg, onion, gr pepper,s & p)	Custard Bread Pudding (ww bread, egg, salt, sugar, van ext, milk, cinn, nutmeg)	Butterscotch Apple Dessert (flour, breadcrumbs, br.sugar, salt, marg)	Sweet Potato Pudding (marg, br.sugar, cinn, nutmeg, ginger, cloves, milk, egg)	Whole Grain Muffin (bran, oatmeal, flour, eggs, oil, molasses, br sugar, baking powder, salt)	Whole Wheat Roll (2)	Mandarin Oranges/Seasonal Vegetable (no salt seasoning)	Parsley Buttered Carrots (marg)	Whole Wheat Roll (2)	Italian Green Beans (oregano, garlic, s & p, tomatoes)	
Whole Wheat Roll (2)	Whole Wheat Roll	Whole Wheat Roll	Whole Wheat Roll (2)	Whole Wheat Roll (2)	29		30		29	
Mac and Cheese (oil, flour, milk, cheddar cheese)	Fish Creole (oil, onion, celery, flour, tomato, vinegar, sugar)	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.				Mac and Cheese (oil, flour, milk, cheddar cheese)	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)
Baked Tomato Half (bl pep, marg, bread, crumbs, onion)	Yellow Rice (salt,oil, turmeric)					Seasoned Broccoli (no salt seasoning)	Seasonal Vegetable	Whole Wheat Roll	Whole Wheat Roll	Whole Wheat Roll
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