

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 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		2 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)		3 Chef Salad (mixed greens, tomato, turkey, eggs, cheese, carrots, green peppers, salad dressing) Sweet Potato Salad (celery, pineapple, sour cream, mayo, lemon, honey s&p) Fruit Cocktail Whole Wheat Roll (2)			
		6 Cheese Omelet (eggs, whey, cream cheese, milk, salt, carob bean gum, sodium phosphate, soybean oil, food starch, salt, xanthan and guar gum, citric acid) Salsa Topping (tomatoes, onion, garlic, jalapeno, lime juice, salt, cilantro) Roasted Glazed Root Vegetables (potato, sw potato, carrots, onions, oil, cranberry glaze) Parslied Buttered Carrots Whole Wheat Roll (2)		7 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		8 BBQ Boneless Chicken (bottled tangy BBQ sauce) Hominy Cheesy Grits (LS veg base, butter, sk milk, cheddar cheese) Roasted Asparagus (marg, bl pep, lemon jce) Fruit Cocktail Whole Wheat Roll		9 Spaghetti w/ Meat Sauce (tomato, garlic, onion, sugar, Italian spices, Worcestershire sce.) Greens w/ Olive Oil (s/p, olive oil, nutmeg, lemon juice) Spiced Peaches (vinegar, sugar, cinnamon, cloves, all spice) Whole Wheat Roll		10 Parmesean Crusted Fish (breadcrumbs, mayo, mustard) Lima Beans and Corn (low sod veg base, marg, s/p) Seasonal Vegetable (no-salt seasoning) Whole Wheat Roll (2)	
		13 Chicken Pot Pie (marg, onions, flour, LS soup base, bl pep, thyme, poultry seasoning, peas, carrots, cobbler dough) Seasonal Green Beans (no salt seasoning) Seasoned Beets (no-salt seasoning) Whole Wheat Roll		14 Turkey Meatloaf w/ Lemon Glaze (2% milk, s&p, rosemary, chili powder, breadcrumbs, lemon juice, onions, eggs, ketchup, br.sugar, mustard, hot sauce) Seasonal Vegetable (no-salt seasoning) Country Mashed Potatoes (1% milk, marg, salt) Sliced Pears Whole Wheat Roll (2)		15 Eggplant Parmesean (breadcrumbs, basil, oil, egg, tomatoes, onions, carrots, bl pepper, parsley, oregano, mozzarella/ricotta/parm cheese) Italian Mixed Vegetables Seasoned Broccoli (no salt seasoning) Whole Wheat Roll (2)		16 Tuna Salad over Lettuce (celery, onions, mayo, lemon juice, white pepper) 3-Bean Salad (wax, green and kidney beans, onions, apple cider vinegar, oil, sugar, celery, green pep) Rice Pudding (egg, cream, 2% milk, sugar, van extract, salt, cinnamon) Fruit Cocktail Whole Wheat Roll (2)		17 Beef and Red Pepper Casserole (pasta, breadcrumbs, ricotta cheese, carrots, garlic, onions, celery, italian seasoning, white wine, cornstarch, bl pepper) California Blend Vegetables (cauliflower, carrots, broccoli) Cinnamon Baked Apples (cornstarch, cinn, nutmeg, cloves, apple ice, marg, br sugar, honey) Whole Wheat Roll	
		20 Roast Turkey w/ Gravy (Marg, oil, flour, LS turkey base, thyme s & p) Mashed Root Vegetables (potato, rutabagas, parsnips, cream cheese, bl pepper, marg) Buttered Brussels Spouts Peaches Whole Wheat Roll (2)		21 Baked Fish w/ Lemon Butter (butter, dill, lemon and thyme) Succotash (frozen mix veg, LS base, bl pepper) Seasoned Beets (no-salt seasoning) Fruited Gelatin Salad (SF gelatin mix and canned fruit) Whole Wheat Roll (2)		22 Pork Tenderloin with Balsamic/Cranberry Glaze (oil, rosemary, LS chicken base, s&p, balsamic vinegar, cranberry sauce) Wild Rice Pilaf (LS soup base, bay leaf, thyme, parsely butter, onion, carrot) Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll		23 Mac and Cheese (oil, flour, milk, cheddar cheese) Stewed Tomatoes (Tomatoes, flour, bread, sugar, pepper and margarine) Seasoned Broccoli (no-salt seasoning) Whole Wheat Roll		24 BBQ Chicken (commercial BBQ sauce) Vegetarian Baked Beans (Br. sugar, vinegar, mustard, onion, ketchup, molasses) Hamburger Roll/Dessert (cake mix, soy flour, corn starch, NF dry milk, egg whites, sugar, cream cheese, blueberries, nat and art flavors- contains: soy, milk, wheat,egg) Creamy Cole Slaw (cabbage, carrots, mayo, vinegar, sour cream, sugar, celery seed, s & p) Seasoned Green Beans (no- salt seasoning, butter)	
27 CLOSED		28 Baked Fish w/ Citrus Sauce (mayo, orange and lemon jce, mustard, tarragon, sugar sub) Summer Squash Soufflé (paprika, eggs, s & p, sour cream, cheddar cheese, bread, marg) Seasoned Greens (no salt seasoning) Pineapple Tidbits Whole Wheat Roll (2)		29 Mildred's Meatloaf (br sugar, vinegar, tomato, mustard, egg, bread crumbs) Oven Roasted Red Potatoes (marg, oil, s/p) Roasted Cauliflower (marg, italian seasoning) Fruited Gelatin Salad (SF gelatin mix and canned fruit) Whole Wheat Roll (2)		30 Salmon Pasta Bake (WW penne, onions, oil, yogurt, parsley, s&p, parm cheese, peas) Steamed Broccoli Peach Crisp (flour, oats, butter, sugar, lemon, cinn) Whole Wheat Roll		31 Chef Salad (mixed greens, tomato, turkey, eggs, cheese, carrots, green peppers, salad dressing) Sweet Potato Salad (celery, pineapple, sour cream, mayo, lemon, honey s&p) Fruit Cocktail Whole Wheat Roll (2)			

