

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>Cheese Omelet (eggs, whey, cream cheese, milk, salt, carob bean gum, sodium phosphate, soybean oil, food starch, salt, xanthan and guar gum, citric acid)</p> <p>Salsa Topping (tomatoes, onion, garlic, jalapeno, lime juice, salt, cilantro)</p> <p>Roasted Glazed Root Vegetables (potato, sw potato, carrots, onions, oil, cranberry glaze)</p> <p>Parslied Buttered Carrots</p> <p>Whole Wheat Roll (2)</p>	<p>Roast Turkey w/ Gravy (Marg, oil, flour, LS turkey base, thyme s & p)</p> <p>Herbed Bread Stuffing (marg, celery, onion, LS veg base, poultry seasoning, thyme, ww bread)</p> <p>Orange Sauced Vegetables (broccoli, carrots, oil, water chestnuts, orange juice, honey, lite soy sauce, cornstarch)</p> <p>Pineapple Tidbits</p> <p>Whole Wheat Roll</p>	<p>BBQ Boneless Chicken (bottled tangy BBQ sauce)</p> <p>Hominy Cheesy Grits (LS veg base, butter, sk milk, cheddar cheese)</p> <p>Roasted Asparagus (marg, bl pep, lemon jce)</p> <p>Fruit Cocktail</p> <p>Whole Wheat Roll</p>	<p>Spaghetti w/ Meat Sauce (tomato, garlic, onion, sugar, Italian spices, Worcestershire sce.)</p> <p>Greens w/ Olive Oil (s/p, olive oil, nutmeg, lemon juice)</p> <p>Spiced Peaches (vinegar, sugar, cinnamon, cloves, all spice)</p> <p>Whole Wheat Roll</p>	<p>Parmesean Crusted Fish (breadcrumbs, mayo, mustard)</p> <p>Lima Beans and Corn (low sod veg base, marg, s/p)</p> <p>Seasonal Vegetable (no-salt seasoning)</p> <p>Whole Wheat Roll (2)</p>
10	11	12	13	14
<p>Chicken Pot Pie (marg, onions, flour, LS soup base, bl pep, thyme, poultry seasoning, peas, carrots, cobbler dough)</p> <p>Seasonal Green Beans (no salt seasoning)</p> <p>Seasoned Beets (no-salt seasoning)</p> <p>Whole Wheat Roll</p>	<p>Turkey Meatloaf w/ Lemon Glaze (2% milk, s&p, rosemary, chili powder, breadcrumbs, lemon juice, onions, eggs, ketchup, br.sugar, mustard, hot sauce)</p> <p>Seasonal Vegetable (no-salt seasoning)</p> <p>Country Mashed Potatoes (1% milk, marg, salt)</p> <p>Sliced Pears</p> <p>Whole Wheat Roll (2)</p>	<p>Eggplant Parmesean (breadcrumbs, basil, oil, egg, tomatoes, onions, carrots, bl pepper, parsley, oregano, mozzarella/ricotta/parm cheese)</p> <p>Italian Mixed Vegetables</p> <p>Seasoned Broccoli (no salt seasoning)</p> <p>Whole Wheat Roll (2)</p>	<p>Tuna Salad over Lettuce (celery, onions, mayo, lemon juice, white pepper)</p> <p>3-Bean Salad (wax, green and kidney beans, onions, apple cider vinegar, oil, sugar, celery, green pep)</p> <p>Rice Pudding (egg, cream, 2% milk, sugar, van extract, salt, cinnamon)</p> <p>Fruit Cocktail</p> <p>Whole Wheat Roll (2)</p>	<p>Beef and Red Pepper Casserole (pasta, breadcrumbs, ricotta cheese, carrots, garlic, onions, celery, italian seasoning, white wine, cornstarch, bl pepper)</p> <p>California Blend Vegetables (cauliflower, carrots, broccoli)</p> <p>Cinnamon Baked Apples (cornstarch, cinn, nutmeg, cloves, apple jce, marg, br sugar, honey)</p> <p>Whole Wheat Roll</p>
17	18	19	20	21
<p>Roast Turkey w/ Gravy (Marg, oil, flour, LS turkey base, thyme s & p)</p> <p>Mashed Root Vegetables (potato, rutabagas, parsnips, cream cheese, bl pepper, marg)</p> <p>Buttered Brussels Spouts</p> <p>Peaches</p> <p>Whole Wheat Roll (2)</p>	<p>Baked Fish w/ Lemon Butter (butter, dill, lemon and thyme)</p> <p>Succotash (frozen mix veg, LS base, bl pepper)</p> <p>Seasoned Beets (no-salt seasoning)</p> <p>Fruited Gelatin Salad (SF gelatin mix and canned fruit)</p> <p>Whole Wheat Roll (2)</p>	<p>Hamburger Patties</p> <p>Green Beans</p> <p>Mashed Potatoes</p> <p>Whole Wheat Roll (2)</p>	<p>Mac and Cheese (oil, flour, milk, cheddar cheese)</p> <p>Stewed Tomatoes (Tomatoes, flour, bread, sugar, pepper and margarine)</p> <p>Seasoned Broccoli (no-salt seasoning)</p> <p>Whole Wheat Roll</p>	<p>Hamburger Steak w/ Onion Gravy (Onions, bread crumbs, egg sub, bl pepper, horseradish)</p> <p>Peas (no salt seasoning)</p> <p>Steamed Red Cabbage (marg, apple jce, apple cider vinegar, LS soup base, sugar)</p> <p>Applesauce</p> <p>Whole Wheat Roll (2)</p>
24	25	26	27	28
<p>Pulled BBQ Pork (oil, vinegar, celery, onions, ketchup, dry mustard, liq smoke, br. sugar)</p> <p>Seasoned Green Beans (no salt seasoning)</p> <p>Cinnamon Baked Apples (cornstarch, cinn, nutmeg, cloves, apple jce, marg, br sugar, honey)</p> <p>Whole Wheat Roll (2)</p>	<p>Baked Fish w/ Citrus Sauce (mayo, orange and lemon jce, mustard, tarragon, sugar sub)</p> <p>Summer Squash Soufflé (paprika, eggs, s & p, sour cream, cheddar cheese, bread, marg)</p> <p>Seasoned Greens (no salt seasoning)</p> <p>Pineapple Tidbits</p> <p>Whole Wheat Roll (2)</p>	<p>Mildred's Meatloaf (br sugar, vinegar, tomato, mustard, egg, bread crumbs)</p> <p>Oven Roasted Red Potatoes (marg, oil, s/p)</p> <p>Roasted Cauliflower (marg, italian seasoning)</p> <p>Fruited Gelatin Salad (SF gelatin mix and canned fruit)</p> <p>Whole Wheat Roll (2)</p>	<p>Salmon Pasta Bake (WW penne, onions, oil, yogurt, parsley, s&p, parm cheese, peas)</p> <p>Steamed Broccoli</p> <p>Peach Crisp (flour, oats, butter, sugar, lemon, cinn)</p> <p>Whole Wheat Roll</p>	<p>Chef Salad (mixed greens, tomato, turkey, eggs, cheese, carrots, green peppers, salad dressing)</p> <p>Sweet Potato Salad (celery, pineapple, sour cream, mayo, lemon, honey s&p)</p> <p>Fruit Cocktail</p> <p>Whole Wheat Roll (2)</p>
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