

	Monday	Tuesday	Wednesday	Thursday	Friday
BOX	1	2	3	4	5
LUNCH	BBQ Beef - 9051 (ch b) grilled chicken brst ch7026 Peas & Onions Potato Wedges Bun Fruit Cocktail Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Animal Crackers Applesauce Diet: same	Hamburger - 9071 (ch b) sliced deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Pork Cutlet w/Gravy - 9003 (ch b) chicken w/gravy ch7008 Green Beans Beets Peaches Dinner Roll / Margarine Chocolate Sponge Cake Diet: same	Turkey Tetrizzini - 9036 w/ Peas and Mushrooms (ch b) veggie tetrizzini ch7056 (not a vegetarian meal) Brussel Sprouts Baked Cinnamon Apples Diet: same
WEEK 3	8	9	10	11	12
LUNCH	Fried Egg & Turkey Sausage - 9114 (ch b) country fried steak w/ gravy ch7054 Red Skin Potatoes Green Beans Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Strawberry Applesauce Diet: same	Swiss Steak - 9088 w/ Tomatoes, Peppers, Onions (ch b) cheese omelet - ch7066 Carrots O'Brien Potatoes Wheat Bread / Margarine Cinnamon Teddy Grahams Orange Juice 100% Diet: same	Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065 Peas Potato Wedges Pears Wheat Bread / Margarine Diet: same	Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 Broccoli (2 servings) Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same
WEEK 4	15	16	17	18	19
LUNCH	Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Apple Juice 100% Diet: same 	Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Pears Diet: same 	Salmon Croquette - 9030 (ch b) chicken alfredo over spaghetti Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch A only) Diet: same 	Country Fried Steak w/Gravy - 9063 (ch b) grilled chicken brst ch7026 Potato Wedges Green Beans Wheat Bread / Margarine Chocolate Elf Grahams Peaches Diet: same	Baked Fish - 9050 (ch b) roast pork loin - ch7058 Brown Rice Oregon Veggies (2 servings) Rye Bread / Margarine 100% Fruit Punch Chocolate Sponge Cake Diet: same 
WEEK 5	22	23	24	25	26
LUNCH	Cinci-Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Mandarin Oranges Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same	turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread Wheat Bread / Margarine Pineapple-Orange Juice 100% Diet: same Diet: same	Baked Chicken w/ Gravy - 9075 (ch b) roast turkey w/gravy ch7003 Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Pineapple Tidbits Diet: same	Meatloaf w/ Gravy - 9072 (ch b) chicken w/ gravy ch7008 Mashed Potatoes Carrots Wheat Bread / Margarine Chocolate Chip Cookie Applesauce Diet: same	Southwestern c.f. Omelet 9089 w/ Tomatoes, Peppers, Onions (ch b) meatloaf w/ gravy ch7016 Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Cranberry Juice Diet: same
WEEK 6				<p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</p>	
					<h2>BLACK HISTORY MONTH</h2> 