




Mon	Tue	Wed	Thu	Fri
 <p><b>DREAM</b> Like Martin</p>	<p><b>BLACK HISTORY MONTH</b></p>		<p>1 Split Pea Soup 1/2 Ham &amp; Cheese Sandwich Apple Crisp</p>	<p>2 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice</p>
<p>5 Beef Stir Fry Fried Rice W/ Egg Peas &amp; Carrots Fortune Cookie Ice Cream Cup</p>	<p>6 Fish &amp; Chips Coleslaw Yogurt Strawberry Rhubarb Compote</p>	<p>7 Turkey Noodle Soup Carrot &amp; Raisins Salad Oatmeal Cookie</p>	<p>8 Beef Macaroni Broccoli Wheat Roll Applesauce</p>	<p>9 Chicken Cacciatore Zucchini &amp; Tomato Medley Wheat Roll Pears</p>
<p>12 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream &amp; Pineapple Sauce</p>	<p>13 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar</p>	<p>14 Meatloaf Potatoes &amp; Gravy Carrots Oranges Brownie</p>	<p>15 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas</p>	<p>16 Tuna Melt Pea Onion &amp; Tomato Salad W/ Cheese Grapes</p>
<p>19 CLOSED</p> 	<p>20 Philly Cheese Sandwich Brussel Sprouts Grapes</p>	<p>21 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding</p>	<p>22 Broccoli &amp; Cheese Soup 1/2 Turkey Sandwich Orange</p>	<p>23 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie</p>
<p>26 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream</p>	<p>27 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges</p>	<p>28 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce</p>	<p>29 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie</p>	

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			Split Pea Soup Calories=790 Carb=101 Sodium=750	Pancakes Calories = 790 Carbs = 95 Sodium = 700
Beef Stir Fry Calories=770 Carb= 79 Sodium=780	Fish & Chips Calories=670 Carb=92 Sodium=530	Turkey Noodle Soup Calories=727 Carb=104 Sodium=700	Beef Macaroni Calories=760 Carb=85 Sodium=730	Chicken Cacciatore Calories =660 Carb=89 Sodium=660
Baja Chicken Calories= 770 Carbs=81 Sodium=400	BBQ Pork Open Face Sandwich Calories=720 Carb=110 Sodium=790	Meatloaf Calories = 710 Carbs=67 Sodium= 580	Chicken Cheese Taco Calories=660 Carb=72 Sodium=640	Tuna Melt Calories=700 Carbs=61 Sodium=660
	Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680	Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550	Broccoli Cheese Soup Calories= 730 Carbs= 74 Sodium= 770	Baked Cod Calories =770 Carbs= 69 Sodium=780
Beef Goulash Calories =780 Carb=85 Sodium= 520	Wild Rice Chicken Soup Calories= 760 Carbs=75 Sodium=590	BBQ Chicken Calories=680 Carbs= 76 Sodium=770	Turkey Meatloaf Calories=770 Carb=79 Sodium=750	