



Mon	Tue	Wed	Thu	Fri
<p>1 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie</p>	<p>2 Turkey & Broccoli Peas & Bowties Orange</p>	<p>3 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries</p>		<p>5 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding</p>
<p>8 Grilled Chicken Salad W/Walnuts & Strawberries Hard Boiled Egg Wheat Roll</p>	<p>9 Swedish Meatballs Potato Salad Apricots</p>	<p>10 Pork Cutlet Baked Potato Baked Beans Coleslaw</p>	<p>11 Ground Turkey Spaghetti Green Beans Breadsticks Pears</p>	<p>12 Fish Taco Rice & Beans Berries & Whip Cream</p>
<p>15 Pork Fajitas W Onion & Zucchini Pinto Beans Banana</p>	<p>16 Turkey Burger Sweet Potato Fries Coleslaw Applesauce</p>	<p>17 Beef Lasagna Green Beans Breadstick Apples W/ Walnuts & Whip Cream</p>	<p>18 Parmesan Tilapia W- Pilaf Squash Brownie Bits</p>	<p>19 Waffles W / Strawberries Scrambled Eggs Orange Juice</p>
<p>22 Salmon German Potato Salad Broccoli & Cauliflower Bread Sticks Brownie</p>	<p>23 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries</p>	<p>24 Chicken Caesar Salad Baked Apple</p>	<p>25 Caribbean Pork Chops W-Peppers Pineapple Cornbread</p>	<p>26 Beef & Pepper Casserole Salad Peach Cobbler Wheat Roll</p>
<p>29 Chicken Burger Potato Salad Veggie Sticks Melon</p>	<p>30 Beef Taco Salad Salsa & Sour Cream Tortilla Chips Lemon Bar Orange</p> <p>This Menu is subject to change</p>	<p>31 Chicken Tetrizzini Tossed Salad W- Cabbage & Garbanzo Beans</p>		

Mon	Tue	Wed	Thu	Fri
<p>Chicken Teriyaki Calories=780 Carbs=126 Sodium=610</p>	<p>Turkey & Broccoli Calories= 680 Carbs= 78 Sodium= 430</p>	<p>Swiss Cheeseburger Calories =810 Carb=80 Sodium=690</p>		<p>Mediterranean Wrap Calories=660 Carb=69 Sodium=750</p>
<p>Grilled Chicken Salad Calories= 760 Carbs=46 Sodium= 580</p>	<p>Swedish Meatballs Calories=840 Carbs=80 Sodium=750</p>	<p>Pork Cutlet Calories= 760 Carb= 79 Sodium= 730</p>	<p>Ground Turkey Spaghetti Calories= 670 Carb=82 Sodium=730</p>	<p>Fish Taco Calories= 740 Carbs= 80 Sodium= 680</p>
<p>Pork Fajitas Calorie= 710 Carb= 83 Sodium= 650</p>	<p>Turkey Burger Calories= 706 Carb= 84 Sodium= 661</p>	<p>Beef Lasagna Calorie= 690 Carb=80 Sodium=790</p>	<p>Parmesan Tilapia Calories= 710 Carb= 64 Sodium= 670</p>	<p>Waffles Calories=700 Carbs=100 Sodium=700</p>
<p>Salmon Calories = 730 Carb= 67 Sodium= 700</p>	<p>Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590</p>	<p>Chicken Caesar Salad Calories= 670 Carb= 62 Sodium= 710</p>	<p>Caribbean Pork Calories= 720 Carb= 75 Sodium= 580</p>	<p>Beef & Pepper Casserole Calories= 730 Carbs=102 Sodium=760</p>
<p>Chicken Burger Calories=700 Carb=80 Sodium=740</p>	<p>Beef Taco Salad Calories= 840 Carbs= 195 Sodium= 700</p>	<p>Chicken Tetrzzini Calories= 720 Carb=67 Sodium=670</p>		