





Mon	Tue	Wed	Thu	Fri
	1 Beef Strips Key West Veggies Rice Fig Newton	2 Fish Sandwich Malibu Blend Veggies Orange Ice Cream	3 Ground Turkey Spaghetti Green Beans Breadsticks Pears	4 <b>FTJ Meals</b> Lemon Tarragon Tuna Salad on Bun Potato Chips, Fresh Fruit & Cookie
7 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie	8 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp	9 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries	10 Beef Noodle Soup Carrot Pineapple & Raisins Salad Oatmeal Cookie	11 Italian Wrap Pasta Salad Fresh Fruit Pudding Cup
14 Caribbean Pork Chops W-Peppers Pineapple Cornbread	15 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries	16 Chicken Caesar Salad Baked Apple	17 Parmesan Tilapia W- Pilaf Squash Brownie Bits	18 Turkey & Swiss Sandwich Potato Chips Fresh Fruit Cookie
21 Beef & Pepper Casserole Salad Peach Cobbler Wheat Roll	22 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding	23 Beef Stew Coleslaw Wheat Roll Peaches	24 Pork Fajitas W Onion & Zucchini Pinto Beans Banana	25 Ham & Cheddar Sandwich Macaroni Salad Fresh Fruit Brownie
28 Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango & Fig Newton	29 Swedish Meatballs Potato Salad Apricots	30 Tuna Noodle Casserole W/ Peas Carrot & Raisin Salad Peaches	31 Turkey Burger Sweet Potato Fries, Coleslaw, Applesauce 	<i>Friday lunches are provided by Franke Tobey Jones. If you want one, please order and pay for it the Monday before the Friday you want.</i>

This Menu is subject to change

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

Mon	Tue	Wed	Thu	Fri
	<b>Beef Strips</b> Calories= 730 Carb= 65 Sodium= 570	<b>Fish Sandwich</b> Calories= 670 Carbs=98 Sodium= 730	<b>Ground Turkey Spaghetti</b> Calories= 670 Carb=82 Sodium=730	<b>French Toast</b> Calories= 830 Carbs= 95 Sodium= 710
<b>Chicken Teriyaki</b> Calories=780 Carbs=126 Sodium=610	<b>Florentine Fish</b> Calories= 710 Carb= 71 Sodium= 610	<b>Macaroni &amp; Cheese</b> Calories=670 Carbs= 85 Sodium=590	<b>Beef Noodle Soup</b> Calories= 727 Carb=104 Sodium= 700	<b>Pork Cutlet</b> Calories= 760 Carb= 79 Sodium= 730
<b>Caribbean Pork</b> Calories= 720 Carb= 75 Sodium= 580	<b>Swiss Cheeseburger</b> Calories =810 Carb=80 Sodium=690	<b>Chicken Caesar Salad</b> Calories= 670 Carb= 62 Sodium= 710	<b>Parmesan Tilapia</b> Calories= 710 Carb= 64 Sodium= 670	<b>Corn Chowder</b> Calories=775 Carbs=100 Sodium= 598
<b>Beef &amp; Pepper Casserole</b> Calories= 730 Carbs=102 Sodium=760	<b>Mediterranean Wrap</b> Calories=660 Carb=69 Sodium=750	<b>Beef Stew</b> Calories= 704 Carb= 74 Sodium= 628	<b>Pork Fajitas</b> Calorie= 710 Carb= 83 Sodium= 650	<b>Chicken Pasta</b> Calories= 740 Carbs=89 Sodium= 540
<b>Chicken Tortilla Soup</b> Calories= 670 Carb= 81 Sodium= 750	<b>Swedish Meatballs</b> Calories= 840 Carbs=29 Sodium= 750	<b>Tuna Noodle Casserole</b> Cal=700 Carb= 104 Sodium= 750	<b>Turkey Burger</b> Calories= 706 Carb= 84 Sodium= 661	