MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Baked Turkey Wings Whole Wheat Bread Yellow Rice Normandy Blend vegetables Apple 1% Low Fat Milk Margarine	3. Rasta Pasta Whole Wheat Bread Garden Salad Sautéed Mushrooms, peppers, and onions Fruit Salad 1% Low Fat Milk	4. Chicken Parmesan Classic Garlic Bread Steamed Broccoli Apple 1% Low Fat Milk Margarine	5. Baked Pork Chops Brown Gravy Whole Wheat Bread Baked Potato Tossed Salad with Chickpeas & dressing Pear 1% Low Fat Milk	6. Fish with Creole Sauce Whole Wheat Bread Cous Cous Steamed Spinach Orange 1% Low Fat Milk Margarine
9. Beef Meatloaf Whole Wheat Bread Garlic Mashed Potatoes Sautéed String Beans Banana 1% Low Fat Milk Margarine	10. Smokey Black Bean & Sweet potato chili White Rice (1/2 cup) Whole Wheat Bread Tossed salad with chickpeas & dressing Apple 1% Low Fat Milk	11. BBQ Chicken Leg Quarters Whole Wheat Bread Kale with Tomato Potato Salad Banana 1% Low Fat Milk Margarine	12. Pernil (Roasted pork shoulder) Rice and Beans Cabbage Carrot Slaw Orange 1% Low Fat Milk Margarine	13. Baked Salmon Homemade Teriyaki sauce Whole Wheat Bread Baked Potato California Blend vegetables Banana 1% Low Fat Milk
16. Beef Meatballs in tomato sauce Classic Garlic Bread Spaghetti (1/2 cup) Sautéed Spinach Orange 1% Low Fat Milk Margarine	17. Habichuelas guisadas (stewed pinto beans) Whole Wheat Bread Yellow Rice Brussels Sprouts w/caramelized onions Corn and red peppers Apple 1% Low Fat Milk	18. Crispy Baked Eggplant Parmesan Bowtie Pasta (1/2 cup) Whole Wheat Bread Baby Spinach salad w/ Black beans and lemon vinaigrette Steamed Broccoli Banana 1% Low Fat Milk	19. Oven Fried Chicken Whole Wheat Bread Sautéed Sweet potatoes Steamed collard greens Apple 1% Low Fat Milk	20 Baked Fish Whole Wheat Bread Roasted potatoes Steamed green beans Banana 1% Low Fat Milk
23. Baked Chicken Breast Brown Gravy White rice (1/2 cup) Whole Wheat Bread Chickpeas (1/4 cup) Tangerines (2) - 1% Low Fat Milk	24. Comforting Lentil and Bean Chili Cous Cous with peas and Lemon Whole Wheat Bread Steamed Spinach Pear - 1% Low Fat Milk	25. Sautéed Onions and peppers Turkey Burger Whole Wheat Hamburger buns Garlic & Rosemary roasted potatoes Sautéed string beans Tangerines (2) - 1% Low Fat Milk		Center is closed!
30. Sautéed onions and peppers Turkey Chili con carne cornbread White rice (1/2 cup) Sautéed string beans Kiwi (2) - 1% Low Fat Milk	LUNCH			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Grits (1 cup) Sautéed onions and peppers Tuna Cake Whole Wheat Bread Pear 1% Low Fat Milk Margarine	3. Apple pancakes Hard boiled egg Toasted Oats cereal Whole Wheat Bread Banana 1% Low Fat Milk Margarine	4. Roasted Tomato Soup Whole Wheat Grilled Cheese (1 sandwich) Pear 1% Low Fat Milk Margarine	5. Cheerios Cinnamon Raisin Bagel Non-fat plain Greek yogurt (1/2 cup) Banana 1% Low Fat Milk Cream Cheese Jelly	6. Scrambled eggs with red peppers and onions Veggie Sausage patty (pre-prepared) Whole Wheat Bread Fruit Salad 1% Low Fat Milk Margarine
9. Grits (1 cup) Home fries with peppers & onions Sautéed Chicken liver with onions Whole Wheat Bread 1% Low Fat Milk margarine	10. Apple Raisin Crepes Cream-o-wheat (1 cup) Whole Wheat Bread Banana 1% Low Fat Milk Margarine	11. Bran Flakes Cereal Cinnamon French Toast (pre-prepared) Hard Boiled egg Orange 1% Low Fat Milk Margarine Pancake Syrup	12. Whole Wheat English muffin Homemade Turkey sausage patty Apple 1% Low Fat Milk Margarine	13. Cream-o-wheat Salmon Cake Whole Wheat Bread Fruit Salad 1% Low Fat Milk Margarine
16. Baked Breaded Chicken Cutlet Cheesy Grits (1 cup) Waffles (pre-prepared) Apple 1% Low Fat Milk Margarine Pancake Syrup	17. Sautéed Spinach Vegetable egg Frittata Whole Wheat Bread Orange 1% Low Fat Milk Margarine	18. Apple Cinnamon Cheerios Halved Avocado Whole Wheat Breakfast Burrito with Turkey Apple 1% Low Fat Milk Margarine	19. Grits (1 cup) Homemade Fish Cake Sautéed onions and peppers Whole Wheat Bread Orange 1% Low Fat Milk Margarine	20 Cheesy Cheddar Drop Biscuits Homemade Turkey sausage patty Oatmeal (1 cup) Fruit Salad 1% Low Fat Milk Margarine
23. Whole Wheat English muffin Scrambled eggs w/ red peppers and onions Toasted Oats cereal Veggie patty (pre-prepared) Apple 1% Low Fat Milk	24. Apple pancakes Bran Flakes cereal Hard boiled egg Tangerines (2) 1% Low Fat Milk Margarine	25. Roasted Tomato Soup Whole Wheat Grilled Cheese (1 sandwich) Apple 1% Low Fat Milk Margarine		**Center is closed!**
30. Baked Breaded Chicken Cutlet Cheesy Grits (1 cup) Waffles (pre-prepared) Apple 1% Low Fat Milk Pancake Syrup				

BREAKFAST