

	Monday	Tuesday	Wednesday	Thursday	Friday
BOX					1
LUNCH		<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>			<p>turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread / Margarine Fruit Punch 100% Animal Crackers Diet: same</p>
WEEK					
2 BOX	4	5	6	7	8
LUNCH	<p>Turkey Tetrazzini - 9036 w/ Peas and Mushrooms (ch b) veggie tetrazzini ch7056 (not a vegetarian meal) Brussel Sprouts Baked Cinnamon Apples Dinner Roll / Margarine Diet: same</p>	<p>Stuffed Cabbage Roll w/Marinara - 9077 (ch b) cheese pizza ch7043 Peas & Onions Sliced Yellow Squash White Bread / Margarine Orange Juice 100% Chocolate Elf Grahams Diet: same</p>	<p>Hamburger - 9071 (ch b) sliced deli ham ch7005 w/ Swiss American Cheese slice Tomato Soup (cong only) Baked Beans Broccoli Bun Pineapple Mustard / Ketchup Diet: same</p>	<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Dinner Roll / Margarine Fruit Cocktail Diet: same</p>	<p>Broccoli Cheddar Chicken - 9031 (ch b) cheesy beef & broccoli ch7042 Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Applesauce Diet: same</p>
WEEK 3 BOX	11	12	13	14	15
LUNCH	<p>Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches Diet: same</p>	<p>Chili w/Spaghetti - 9064 (ch b) spaghetti w/ marinara ch7055 Vegetable Medley (2 servings) Cheddar Cheese Unsalted Saltine Crackers (2 pk) Pears Diet: same</p>	<p>Grilled Chicken w/BBQ Sauce - 9049 (ch b) hamburger ch7006 Potato Wedges Cheesy Broccoli Bun Strawberry Applesauce Diet: same</p>	<p>VALENTINES DAY Country Fried Steak w/Gravy - 9063 (ch b) grilled chicken brst ch7026 Potato Wedges Green Beans Wheat Bread / Margarine Grape Juice 100% Cinnamon Teddy Grahams Diet: same</p>	<p>Pork Cutlet w/Gravy - 9003 (ch b) chicken w/gravy ch7008 Green Beans Beets Wheat Bread (2 servings) Margarine Orange Juice 100% Sponge Cake Diet: same</p>
WEEK 4 BOX	18	19	20	21	22
LUNCH	<p>Salisbury Steak w/Gravy - 9029 (ch b) chicken w/gravy ch7008 Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) / Margarine Peaches Diet: same</p>	<p>Smoked Turkey Sausage w/ Sauerkraut - 9055 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same</p>	<p>Cheese Pizza - 9082 (ch b) cheese lasagna w/marinara Peas & Onions Carrot Coins Pineapple Parmesan Cheese Diet: same</p>	<p>Baked Chicken w/ Gravy - 9075 (ch b) roast turkey w/gravy ch7003 Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Applesauce Diet: same</p>	<p>Beef Vegetable Stew - 9001 (ch b) chicken stew w/ peas carrots/ red skin potatoes ch7022 Green Beans (2 servings) Dinner Roll / Margarine Pineapple Orange Juice 100% Animal Crackers Diet: same</p>
WEEK 5 BOX	25	26	27	28	
LUNCH	<p>Meatloaf w/ Gravy - 9072 (ch b) chicken w/ gravy ch7008 Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same</p>	<p>Spaghetti & Meatballs - 9035 (ch b) cheese ravioli ch7030 w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese Diet: same</p>	<p>Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Mandarin Oranges Diet: same</p>	<p>BBQ Beef - 9051 (ch b) grilled chicken brst ch7026 Creamy Vegetable Soup (cong only) Peas & Onions Potato Wedges Pears Bun Diet: same</p>	<p>BLACK HISTORY MONTH</p>
WEEK 6					