



	MON	TUE	WED	THU	FRI
WEEK 5				<p>*Vitamin C Rich **Vitamin A Rich Milk is served daily Meal is subject to change without notice</p>	<p>1 Fish & Chips **Roasted Sweet Potato Wedges *Coleslaw Banana or Grape WG Roll NF or LF Milk</p>
WEEK 6	<p>4 Turkey Vegetable Stir Fry **Vegetables in Entree *Cabbage, Cucumber, Radish, Salad Poached Ginger Pear Brown Rice NF or LF Milk</p>	<p>5 Meatloaf w/LS Gravy Garlic Mashed potatoes Green Beans *Cantaloupe or Orange WG Penne Pasta w/LS Sauce NF or LF Milk</p>	<p>6 Caribbean Chicken **Broccoli *** Carrot, Bell Pepper, Celery Salad Fresh Fruit Brown Rice NF or LF Milk</p>	<p>7 Fish Taco LS Pinto Beans *** Chopped Mixed Salad w/Romaine Kale *Fresh Peach or Plum Warm Corn Tortilla NF or LF Milk</p>	<p>8 Mushroom Quiche Green Beans **Spinach Salad w/ Shredded Cabbage & Cranberries *100% Orange Juice WG Roll NF or LF Milk</p>
WEEK 1	<p>11 Southwest Shredded Chicken LS Pinto Beans ***Spinach Salad w/Kale Bell Pepper, Cucumber Peaches or Melon Corn Tortilla NF or LF Milk</p>	<p>12 Shepherd's Pie **Carrots Mixed Salad Greens *Orange or Kiwi WG Roll NF or LF Milk</p>	<p>13 Baked Fish Almandine Green Beans w/Herbs *Coleslaw w/Bell Pepper Fruit in Dessert Barley w/Herbs NF or LF Milk Yogurt Parfait w/Berries</p>	<p>14 Chicken Adobo Green Peas Mesclun Salad w/Garbanzo beans *Pineapple & Mango Fruit Cup Brown Rice NF or LF Milk</p>	<p>15 Garden Vegetable Lasagna **Broccoli Caesar Salad/Caesar Dressing *Cantaloupe or Orange WG Lasagna Pasta NF or LF Milk</p>
WEEK 2	<p>18 St. Patrick's Day Corn Beef Red Potatoes Steamed Cabbage **Carrots Kiwi or Grapes *Orange Juice Whole Rye Bread NF or LF Milk Vanilla Pudding</p>	<p>19 Cashew Chicken Green Peas *LS Beet & Mandarin Orange Salad Fresh Fruit Lo Mein Noodles WG Roll NF or LF Milk</p>	<p>20 Enchilada Casserole LS Pinto Beans Mesclun Salad Mix *Mango/Pineapple Fruit Cup Corn Tortilla NF or LF Milk</p>	<p>21 Hungarian Goulash Roasted Brussels Sprouts **Herbed Carrots *Fresh Orange Elbow Macaroni WG Roll NF or LF Milk Oatmeal Cookie</p>	<p>22 Tuna Salad **Spinach Salad/ Shredded Cabbage & Cranberries Potato Salad *Orange Juice WG Roll NF or LF Milk</p>
WEEK 3	<p>25 BBQ Chicken Corn ***Chopped Mixed Salad *Mango & Pineapple WG Linguine w/LS Pesto Sauce NF or LF Milk</p>	<p>26 Salmon w/ Dill Sauce **Sweet Potato *Tri Color Coleslaw Cinnamon Applesauce WG Roll NF or LF Milk</p>	<p>27 Asian Beef Stir Fry **Mixed Asian Vegetables LS Beet Salad *Cantaloupe or Tangerine Brown Rice NF or LF Milk</p>	<p>28 Cesar Chavez Day Chicken Mole **Peas & Carrots Tomato Cucumber Salad Fresh Fruit *100% Orange Juice Spanish Brown Rice Flour Tortilla NF or LF Milk Flan w/Cinnamon</p>	<p>29 Good Friday Vegetarian Chilli Green Beans Mixed Salad Greens Banana *100% Orange Juice Cornbread Barley in Entree NF or LF Milk</p>