

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--|--|--|---|--|
| WEEK 1 | | 1 | 2 | 3 | 4 |
| |  | 3 oz Grilled Chicken Breast w/ 3 oz. Florentine Sauce ½ c. Potato Wedges ½ c. Broccoli 1 Whole Grain Roll Margarine Cup ½ c. Applesauce 8 oz. 1% Low Fat Milk | 4 oz Cheese Ravioli (2 oz MA, 2 oz G/B) w/ 4 oz Marinara ½ c. Mixed Vegetables ½ c. Tossed Salad 1 pkt Italian Dressing 1 sl. Whole Wheat Bread ½ c Pineapple 8 oz 1% Low Fat Milk | 3 oz. New York Strip Steak Patty w/2 oz. Brown Gravy ½ c Cabbage ½ c. Green Peas & Mushroom 1 sl. Whole Grain Bread Margarine Cup ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk | 3 oz. Sliced Turkey w/ 2 oz. Country Pepper Gravy ½ c. Potato Onion Soufflé ½ c. Turnip Greens w/Onions 1 sl. Whole Grain Bread Margarine Cup Fresh Fruit 8 oz. 1% Low Fat Milk |
| WEEK 2 | 7 | 8 | 9 | 10 | 11 |
| | 3 oz. Cuban Pork Chop Patty w/ 3 oz. Mojo Sauce ½ c. Black Beans ½ c. Diced Sweet Potatoes 1 Cuban Roll ½ c. Pineapple 8 oz. 1% Low Fat Milk | 3 oz. Meatloaf w/ 3 oz. Apple Brown Gravy ½ c. Tomato & Okra ½ c. Winter Blend Vegetables 1 sl. Whole Grain Bread Margarine Cup 4 oz. Blended Fruit Juice 8 oz. 1% Low Fat Milk | Chicken Caesar Salad 3 oz Diced Chicken 4 oz Caesar Salad Mix ½ c Carrot & Raisin Salad 6 oz Tomato Soup 1 sl. Whole Grain Bread Caesar Salad Dressing (pkt) ½ c Mandarin Orange 8 oz. 1% Low Fat Milk. | 3.2 oz Cheese Omelet with 2 oz Western Sauce ½ c. Potatoes O'Brien ½ c. Cranberry Pears 1 Whole Grain Roll Margarine Cup 8 oz. 1% Low Fat Milk | 3 oz. Chicken Parmesan In Marinara Sauce ½ c. Rotini Noodles ½ c. Tuscan Vegetables 1 Dinner Roll Margarine Cup ½ c Applesauce 8 oz 1% Low Fat Milk |
| WEEK 3 | 14 | 15 | 16 | 17 | 18 |
| | 3 oz. Hot Dog 1 pkt. Mustard & Ketchup each ½ c. Baked Beans ½ c. Glazed Carrots 1 Whole Grain Hot Dog Bun ½ c. Pineapple 8 oz. 1% Low Fat Milk | 3 oz. Lemon Pepper Chicken Thigh ½ c. Yellow Corn ½ c Tomato and Okra 1 sl. Whole Grain Bread Margarine Cup Fresh Fruit 8 oz. 1% Low Fat Milk | 8 oz. Ham and Potato Au Gratin w/ 3oz Turkey Ham ½ c. Italian Vegetable Medley ½ c. Flat Beans 1 sl. Italian Bread Margarine Cup ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk | 3 oz. Three Bean Chili w/ 2 oz. ea Ground Beef and Chicken ½ c. Diced Sweet Potatoes ½ c. Squash Medley 1 Ea. Corn Muffin ½ c. Applesauce Margarine Cup x2 8 oz. 1% Low Fat Milk | 4 oz. Apple Juice 4 oz. Smoked Sausage ½ c. Boiled Cabbage & Carrots ½ c. Hot German Potato Salad 1 Whole Grain Hot Dog (2 oz.) Mustard pkt. Special Holiday Dessert 8 oz. 1% Low Fat Milk OKTOBERFEST |
| WEEK 4 | 21 | 22 | 23 | 24 | 25 |
| | 3 oz. Baked BBQ Chicken Thigh ½ c. Spanish Rice ½ c. Green Beans 1 Dinner Roll Margarine Cup Fresh Fruit 8 oz. 1% Low Fat Milk | 3 oz Fish Nuggets ½ c Collard Greens ½ c. Northern Beans w/ Pepper & Onion 1 sl. Whole Grain Bread Tartar Sauce Margarine Cup ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk | Cheeseburger 3 oz. Hamburger Patty 1 Cheese Slice ½ c. Baked Beans ½ c. Corn w/Diced Tomatoes 1 Hamburger Bun 1 pk. ea. Ketchup/ Mustard ½ c. Applesauce 8 oz. 1% Low Fat Milk | 8 oz Turkey Apple Pasta Salad w/ 3 oz Diced Turkey ½ c. Three Bean Salad ½ c. Tomato Cucumber Salad 1 sl. Whole Grain Bread Margarine Cup ½ c. Cream of Broccoli 4 oz. Orange Pineapple Juice 8 oz. 1% Low Fat Milk | 2 6" Beef Tacos 3 oz Ground Beef 2 Whole Grain Tortilla ½ c Lettuce and Tomato ½ c. Confetti Corn ½ c. Salsa ½ c. Mandarin Orange 8 oz. 1% Low Fat Milk |
| WEEK 1 | 28 | 29 | 30 | 31 | |
| | 8 oz Brunswick Stew w/ 3 oz Beef ½ c Zucchini ½ c. California Blend Vegetables 1 slice Whole Grain Bread Margarine Cup ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk | 3 oz Grilled Chicken Breast w/ 3 oz. Florentine Sauce ½ c. Potato Wedges ½ c. Broccoli 1 Whole Grain Roll Margarine Cup ½ c. Applesauce 8 oz. 1% Low Fat Milk | 4 oz Cheese Ravioli (2 oz MA, 2 oz G/B) w/ 4 oz Marinara ½ c. Mixed Vegetables ½ c. Tossed Salad 1 pkt Italian Dressing 1 sl. Whole Wheat Bread ½ c Pineapple 8 oz 1% Low Fat Milk | 8 oz. Witch's Stew (4 oz. Beef, Mixed Vegetables, Onions Potatoes) ½ c. Mashed Potatoes ½ c. Green Peas 1 Dinner Roll 1 Margarine Cup Special Holiday Dessert 8 oz. 1% Low Fat Milk HALLOWEEN | October 2019  Amy M. Hutto MS, RD, LD 8/29/19 |