

Regular

Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 1	Fruit Juice - 4.00 FLOZ Flavored Oatmeal - 0.75 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SV Margarine Cup - 2.00 EA Syrup - 2.00 FLOZ Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Bran Flakes - 1.00 CUP Farmer's Breakfast - 0.75 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 0.75 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Oatmeal - 0.75 CUP Scrambled Eggs - 0.50 CUP Shredded Cheese - 0.50 OZ Wheat Tortilla - 1.00 EA Taco Sauce - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Peanut Butter - 1.00 OZ English Muffin - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Ketchup Packet - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR
	LUNCH						
Week 1	Hearty Soup - 8.00 FLOZ Choice Grilled Sandwich - 1.00 EA Creamy Coleslaw - 1.00 CUP Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Pork Pizza - 1.00 SLC WG Macaroni Salad - 0.50 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Breaded Chicken - 3.00 OZ Lettuce Blend - 2.00 CUP Black Beans - 0.25 CUP Green Pepper Slices - 4.00 SLC Biscuit - 1.00 EA Margarine Cup - 2.00 EA Ranch Dressing - 2.00 FLOZ Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Sloppy Joe - 3.00 OZ Macaroni & Cheese - 0.50 CUP Cooked Broccoli - 1.00 CUP WG Hamburger Bun - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Top Your Own Tator: - 1.00 SV Baked Potato - 1.00 EA Santa Fe Veggie Blend - 1.00 CUP Shredded Cheese - 2.00 OZ Sour Cream - 1.00 POUCH Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Philly Sandwich: - 1.00 SV Beef - 2.00 OZCKD Swiss Cheese Slice - 1.00 OZ Macaroni Salad - 0.50 CUP Fresh Veggies - 0.50 CUP Grilled Peppers & Onions - 0.50 CUP WG Hotdog Bun - 1.00 EA Sandwich Spread - 1.00 PKT Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Country Fried Beef - 1.00 EA Choice Potato - 0.50 CUP Italian Green Beans - 0.50 CUP California Mixed Vegetables - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Ketchup Packet - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
	DINNER						
Week 1	Chicken Fried Rice - 1.00 CUP California Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Chicken Chili - 1.00 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 0.50 CUP Roasted Butternut Squash - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Chicken Alfredo - 0.50 CUP Whole Wheat Pasta - 0.75 CUP Corn - 0.50 CUP Spinach Salad - 1.00 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ WG Brown Rice - 0.50 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Build Your Burrito: - 1.00 SV Beef Taco Meat - 3.00 OZ Lettuce Blend - 1.00 CUP Shredded Cheese - 0.50 OZ Refried Beans - 0.25 CUP Choice Potato - 0.50 CUP Tortilla - 1.00 EA Taco Sauce - 2.00 EA Ketchup Packet - 1.00 PKT Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Meatballs in Cream Sauce - 0.50 CUP Egg Noodles - 0.50 CUP Cooked Broccoli - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ

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Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 2	Fruit Juice - 4.00 FLOZ Flavored Oatmeal - 0.75 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SV Margarine Cup - 2.00 EA Syrup - 2.00 FLOZ Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Turkey Sausage Gravy - 0.75 CUP Biscuit - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 0.75 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Oatmeal - 0.75 CUP Hard Boiled Eggs - 2.00 EA Breakfast Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR
	LUNCH						
Week 2	Dinner Sausage - 1.00 EA Fried Cabbage - 0.50 CUP Carrot Raisin Salad - 0.50 CUP WG Hotdog Bun - 1.00 EA Ketchup Packet - 1.00 PKT Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Scalloped Ham and Potatoes - 1.00 CUP Black-Eyed Pea Salad - 0.50 CUP Cooked Carrots - 0.50 CUP Dinner Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Turkey Divan - 1.00 CUP Corn - 0.50 CUP Lettuce Blend - 1.00 CUP Wheat Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Enchilada Bake - 0.75 CUP Italian Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Sour Cream - 1.00 POUCH Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Tomato Soup - 8.00 FLOZ Grilled Cheese Sandwich on WG Bread - 1.00 EA Broccoli Salad - 0.50 CUP Beets - 0.50 CUP Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Chicken Fajita Mix - 0.75 CUP Mexican White Rice - 0.50 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Wheat Tortilla - 2.00 EA Sour Cream - 1.00 POUCH Dressing - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Italian Meat Sauce - 4.00 FLOZ Pasta - 0.75 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP Garlic Bread - 1.00 SLC Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
	DINNER						
Week 2	Chicken Patty - 1.00 EA Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP Croissant - 1.00 EA Sandwich Spread - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Chicken Quesadilla - 1.00 EA Mexican White Rice - 0.50 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Beef Stew - 8.00 FLOZ Creamy Beet Salad - 0.50 CUP Cooked Broccoli - 0.50 CUP Banana Oat Bar - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Sweet and Sour Chicken - 0.75 CUP WG Brown Rice - 0.50 CUP Green Peas - 0.50 CUP Spinach Salad - 1.00 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ Macaroni & Cheese - 0.50 CUP Lettuce Blend - 1.00 CUP Stewed Tomatoes - 0.50 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Turkey a la King - 0.75 CUP Mashed Potatoes - 0.50 CUP Creamy Coleslaw - 0.50 CUP Green Beans - 0.50 CUP Biscuit - 1.00 EA Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Hamburger - 1.00 EA Choice Potato - 0.50 CUP Corn - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 2.00 EA Mustard Packet - 1.00 PKT Pickle Slices - 3.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ

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Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 3	Fruit Juice - 4.00 FLOZ Flavored Oatmeal - 0.75 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SV Margarine Cup - 2.00 EA Syrup - 2.00 FLOZ Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Bran Flakes - 1.00 CUP Farmer's Breakfast - 0.75 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 0.75 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Oatmeal - 0.75 CUP Scrambled Eggs - 0.50 CUP Shredded Cheese - 0.50 OZ Wheat Tortilla - 1.00 EA Taco Sauce - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Peanut Butter - 1.00 OZ English Muffin - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Ketchup Packet - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR
	LUNCH						
Week 3	Turkey Stroganoff w/Mushrooms - 0.75 CUP Egg Noodles - 0.50 CUP Cooked Broccoli - 0.50 CUP Marinated Cabbage - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Pork Pizza - 1.00 SLC WG Italian Pasta Salad - 0.50 CUP Lettuce Blend - 1.00 CUP California Mixed Vegetables - 0.50 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Breaded Chicken - 3.00 OZ Lettuce Blend - 2.00 CUP Black Beans - 0.25 CUP Green Pepper Slices - 4.00 SLC Biscuit - 1.00 EA Soft Margarine Cup - 2.00 PKT Ranch Dressing - 2.00 FLOZ Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Sloppy Joe - 3.00 OZ Choice Potato - 0.50 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Ketchup Packet - 1.00 PKT Applesauce Gelatin - 0.50 CUP Beverage - 8.00 FLOZ	Top Your Own Tator: - 1.00 SV Baked Potato - 1.00 EA Santa Fe Veggie Blend - 1.00 CUP Shredded Cheese - 2.00 OZ Sour Cream - 1.00 POUCH Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Golden Chicken Stew - 1.50 Cup (fl) Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Country Fried Beef - 1.00 EA Choice Potato - 0.50 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Ketchup Packet - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
	DINNER						
Week 3	Cold Cuts - 2.00 OZ American Cheese Slice - 1.00 OZ Plain Potato Chips - 1.00 EA Fresh Veggies - 1.00 CUP WG Bread - 2.00 SLC Sandwich Spread - 1.00 PKT Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Beef Taco Meat - 2.00 OZ Shredded Cheese - 0.50 OZ Mexican Brown Rice - 0.50 CUP Lettuce Blend - 1.00 CUP Mexican Corn - 0.50 CUP Tortilla Chips - 1.00 OZ Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 0.50 CUP Roasted Butternut Squash - 0.50 CUP Carrot Raisin Salad - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Chicken Patty - 1.00 EA Lettuce Blend - 1.00 CUP Green Peas - 0.50 CUP Croissant - 1.00 EA Dressing - 1.00 EA Sandwich Spread - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ White Rice - 0.50 CUP Spinach Salad - 1.00 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Chili Con Carne - 8.00 FLOZ Shredded Cheese - 0.50 OZ Cooked Carrots - 1.00 CUP Combread - 1.00 EA Soft Margarine Cup - 1.00 PKT Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Chicken Lo Mein w/Mushroom - 0.50 CUP Spaghetti Noodles - 0.75 CUP Cooked Broccoli - 1.00 CUP Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ

Regular

Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 4	Fruit Juice - 4.00 FLOZ Flavored Oatmeal - 0.75 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SV Margarine Cup - 2.00 EA Syrup - 2.00 FLOZ Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Turkey Sausage Gravy - 0.75 CUP Biscuit - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 0.75 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Oatmeal - 0.75 CUP Hard Boiled Eggs - 2.00 EA Breakfast Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR
	LUNCH						
Week 4	Dinner Sausage - 1.00 EA Fried Cabbage - 0.50 CUP Carrot Raisin Salad - 0.50 CUP WG Hotdog Bun - 1.00 EA Ketchup Packet - 1.00 PKT Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Pork Burrito Filling - 3.00 OZCKD Choice Potato - 0.50 CUP Lettuce Blend - 1.00 CUP Black Bean & Corn Salsa - 0.50 CUP Tortilla - 1.00 EA Sour Cream - 1.00 POUCH Ketchup Packet - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Turkey Divan - 1.00 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 0.50 CUP Lettuce Blend - 1.00 CUP California Mixed Vegetables - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Tomato Soup - 8.00 FLOZ Grilled Cheese Sandwich on WG Bread - 1.00 EA Beets - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Chicken Fajita Mix - 0.75 CUP Mexican Brown Rice - 0.50 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Tortilla - 2.00 EA Sour Cream - 1.00 POUCH Dressing - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Italian Meat Sauce - 4.00 FLOZ Pasta - 0.75 CUP Green Beans - 1.00 CUP Garlic Bread - 1.00 SLC Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
	DINNER						
Week 4	Chicken Chow Mein w/Mushrooms - 0.75 CUP Brown Rice - 0.75 CUP Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP Chow Mein Noodles - 0.50 OZ Dressing - 1.00 EA Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Beef Stew - 8.00 FLOZ Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Teriyaki Chicken - 4.00 OZ White Rice - 0.50 CUP Green Peas - 0.50 CUP Fresh Veggies - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Creamy Ginger Soy Sauce - 1.00 FLOZ Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Salisbury Patty - 1.00 EA Macaroni & Cheese - 0.50 CUP Spinach Salad - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ Oven Browned Potatoes - 0.50 EA Mixed Vegetables - 1.00 CUP WG Hamburger Bun - 1.00 EA Soft Margarine Cup - 1.00 PKT Tartar Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Turkey a la King - 0.75 CUP Mashed Potatoes - 0.50 CUP Cooked Carrots - 1.00 CUP Biscuit - 1.00 EA Soft Margarine Cup - 2.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Hamburger - 1.00 EA Choice Potato - 0.50 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 2.00 EA Mustard Packet - 1.00 PKT Dressing - 1.00 EA Pickle Slices - 3.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ

Regular : This menu meets MN DOC nutritional goals & provides an average of 2000-2200 calories daily, with substitutions within food categories as needed. Pork is restricted to Tuesday lunches only. Menu is subject to change.