

Tomato Aware

Week at a Glance

Regular							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 1	Fruit Juice - 4.00 FLOZ Oatmeal - 0.75 CUP Peanut Butter - 1.00 OZ WG Toast - 2.00 SLC 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 Denver Scramble - 0.50 CUP 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	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 Beef Taco Meat - (TOMATO) Shredded Cheese - 0.50 OZ Tortilla - 1.00 EA Taco Sauce - (TOMATO) 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 - 1.00 SV Choice Potato - 0.50 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Jelly - 1.00 PKT Ketchup Packet - (TOMATO) Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR
	LUNCH						
Week 1	Chicken Patty - 1.00 EA American Cheese Slice - 0.50 OZ Fresh Broccoli - 0.50 CUP Creamy Coleslaw - 0.50 CUP WG Hamburger Bun - 1.00 EA Sandwich Spread - 1.00 PKT Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Pork & Chicken Brat - 1.00 EA WG Italian Pasta Salad - 0.50 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Hotdog Bun - 1.00 EA Dressing - 1.00 EA Ketchup Packet (TOMATO) Mustard Packet - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Chef's Choice Salad: - 1.00 SV Lettuce Blend - 2.00 CUP Cold Cuts - 2.00 OZ Shredded Cheese - 0.50 OZ Tomato Wedges - 4.00 WDG Wheat Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Creamy French Dressing - (TOMATO) Croutons - 0.25 CUP Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Sloppy Joe - (TOMATO) Choice Potato - 0.50 CUP Cooked Broccoli - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - (TOMATO) Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Choice Soup - (TOMATO) Grilled Cheese Sandwich on WG Bread - 1.00 EA Corn - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA 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	Turkey Roast - 3.00 OZ Poultry Gravy - 2.00 FLOZ Sage Bread Stuffing - 0.50 CUP Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP Biscuit - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
	DINNER						
Week 1	WG Chicken Egg un-Rolled - 1.25 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	Turkey Alfredo - 0.75 CUP Egg Noodles - 0.75 CUP California Mixed Vegetables - 1.00 CUP Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Meat Pizza - (TOMATO) Taco Pasta Salad - (TOMATO) Lettuce Blend - 1.00 CUP Fresh Veggies - 0.50 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Pinto Beans & Sausage - 0.50 CUP White Rice - 0.75 CUP Cooked Carrots - 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 Beans - 0.50 CUP Beet & Onion Salad - 0.50 CUP Dinner Roll - 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	Build Your Burrito: - 1.00 SV Beef Taco Meat - (TOMATO) Shredded Cheese - 1.00 OZ Lettuce Blend - 1.00 CUP Refried Beans - 0.25 CUP Choice Potato - 0.50 CUP Wheat Tortilla - 1.00 EA Taco Sauce - 2.00 EA Ketchup Packet - (TOMATO) Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Tuna Pasta Salad w/Soy - 1.00 CUP Mozzarella Cheese - 0.50 OZ Spinach Salad - 1.00 CUP Tomato Wedges - 4.00 WDG Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ

Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 2	Fruit Juice - 4.00 FLOZ Flavored Hot Cereal - 0.75 CUP Peanut Butter - 1.00 OZ WG Toast - 2.00 SLC 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 Breakfast Meat - 2.00 OZ Biscuit - 2.00 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 Choice Eggs - 1.00 SV 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 Cold Cereal - 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 - 1.00 SV Choice Potato - 0.50 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Jelly - 1.00 PKT Ketchup Packet - (TOMATO) Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR
	LUNCH						
Week 2	Chicken Salad - 0.50 CUP Fresh Radishes - 0.50 CUP California Ranch Salad - 0.50 CUP Croissant - 1.00 EA Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Jamaican Pork - (TOMATO) WG Macaroni & Cheese - 0.50 CUP Black-Eyed Pea Salad - 0.50 CUP Cooked Carrots - 0.50 CUP WG Hamburger Bun - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Taco Salad: - 1.00 SV Lettuce Blend - 2.00 CUP Beef Taco Meat - (TOMATO) Shredded Cheese - 1.00 OZ Black Beans - 0.50 CUP Tomato Wedges - 4.00 WDG Taco Sauce - (TOMATO) Banana Oat Bar - 1.00 EA Beverage - 8.00 FLOZ	Tator Tot Casserole - 1.00 CUP Lettuce Blend - 1.00 CUP Fresh Veggies - 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	Vegetable Lasagna - (TOMATO) Lettuce Blend - 1.00 CUP California Mixed Vegetables - 0.50 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Chicken Fajita Mix - (TOMATO) Mexican Brown Rice - (TOMATO) Lettuce Blend - 1.00 CUP CUP Corn - 0.50 CUP Wheat Tortilla - 2.00 EA Taco Sauce - (TOMATO) Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Italian Meat Sauce - (TOMATO) Spaghetti Noodles - 0.75 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP Garlic Bread - 1.00 SLC Mozzarella Cheese - 0.50 OZ Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
	DINNER						
Week 2	Country Fried Beef - 1.00 EA Baked Potato - 1.00 EA Cucumber Slices - 0.50 CUP Green Peas - 0.50 CUP Sour Cream - 1.00 POUCH Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Meatballs - 3.00 OZ Beef Gravy - 2.00 FLOZ Mashed Potatoes - 0.50 CUP Creamy Coleslaw - 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	Chicken Patty - 1.00 EA Potato Salad - 0.50 CUP Spinach Salad - 1.00 CUP Corn - 0.50 CUP WG Hamburger Bun - 1.00 EA Sweet Mustard Sauce - 1.00 OZ Dressing - 1.00 EA Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Sweet and Sour Chicken - (TOMATO) Brown Rice - 0.75 CUP Mixed Vegetables - 0.50 CUP Asian Cabbage Salad - 0.50 CUP Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ Alfredo Pasta - 0.50 CUP Lettuce Blend - 1.00 CUP Green Peas - 0.50 CUP Dinner Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Turkey Stroganoff w/Mushrooms - 0.75 CUP Egg Noodles - 0.75 CUP Green Beans - 0.50 CUP Broccoli Salad - 0.50 CUP Wheat Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Hamburger - 1.00 EA Marinated Cucumbers - 0.50 CUP Cooked Carrots - 0.50 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - (TOMATO) Mustard Packet - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ

Week at a Glance

Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 3	Fruit Juice - 4.00 FLOZ Oatmeal - 0.75 CUP Peanut Butter - 1.00 OZ WG Toast - 2.00 SLC 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 Cold Cereal - 1.00 CUP Denver Scramble - 0.50 CUP 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	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 Beef Taco Meat - (TOMATO) Shredded Cheese - 0.50 OZ Tortilla - 1.00 EA Taco Sauce - (TOMATO) 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 - 1.00 SV Choice Potato - 0.50 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Jelly - 1.00 PKT Ketchup Packet - (TOMATO) Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR
	LUNCH						
Week 3	Chicken Salsa - (TOMATO) White Rice - 0.75 CUP Tortilla Chips - 1.00 OZ Lettuce Blend - 1.00 CUP California Mixed Vegetables - 0.50 CUP Shredded Cheese - 0.50 OZ Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Pork & Chicken Brat - 1.00 EA WG Italian Pasta Salad - 0.50 CUP Lettuce Blend - 1.00 CUP Cooked Carrots - 0.50 CUP Hotdog Bun - 1.00 EA Ketchup Packet - (TOMATO) Mustard Packet - 1.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Chef's Choice Salad: - 1.00 SV Lettuce Blend - 2.00 CUP Cold Cuts - 2.00 OZ Shredded Cheese - 1.00 OZ Tomato Wedges - 4.00 WDG WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Creamy French Dressing - (TOMATO) Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Sloppy Joe - (TOMATO) California Ranch Salad - 0.50 CUP Celery Sticks - 0.50 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Applesauce Gelatin - 0.50 CUP Beverage - 8.00 FLOZ	Choice Soup - (TOMATO) Grilled Cheese Sandwich on WG Bread - 1.00 EA Cooked Broccoli - 0.50 CUP Marinated Cabbage - 0.50 CUP Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Philly Sandwich: - 1.00 SV Beef - 2.00 OZCKD Swiss Cheese Slice - 1.00 OZ WG 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	Turkey Roast - 3.00 OZ Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.50 CUP Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP Biscuit - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
	DINNER						
Week 3	Cold Cuts - 2.00 OZ American Cheese Slice - 1.00 OZ Potato Chips - 1.00 OZ 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 - (TOMATO) WG Brown Rice - 0.50 CUP Lettuce Blend - 1.00 CUP Mexican Corn - 0.50 CUP Shredded Cheese - 0.50 OZ Tortilla Chips - 1.00 OZ Taco Sauce - (TOMATO) Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Patty Melt: - 1.00 SV Hamburger - 1.00 EA American Cheese Slice - 0.50 OZ Grilled Onions - 0.25 CUP Green Beans - 0.50 CUP Tomato Bean Salad - 0.50 CUP WG Toast - 2.00 SLC Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Turkey Alfredo - 0.75 CUP Egg Noodles - 0.50 CUP Lettuce Blend - 1.00 CUP Green Peas - 0.50 CUP Dressing - 1.00 EA Assorted Cookies - 1.00 SV Milk - 1.00 CAR Beverage - 8.00 FLOZ	Fish Tacos: - 1.00 SV Breaded Fish - 4.00 OZ White Rice - 0.50 CUP Black Bean & Corn Salsa - (TOMATO) Lettuce Garnish - 1.00 CUP Wheat Tortilla - 2.00 EA Tartar Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Meat Pizza - (TOMATO) Taco Pasta Salad - (TOMATO) Lettuce Blend - 1.00 CUP Cooked Carrots - 0.50 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Tuna Pasta Salad w/Soy - 1.00 CUP Mozzarella Cheese - 0.50 OZ Cucumber Slices - 0.50 CUP Spinach Salad - 1.00 CUP Breadstick - 1.00 EA Dressing - 1.00 EA Margarine Cup - 2.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ

Week at a Glance

Regular							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST						
Week 4	Fruit Juice - 4.00 FLOZ Flavored Hot Cereal - 0.75 CUP Peanut Butter - 1.00 OZ WG Toast - 2.00 SLC 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 Breakfast Meat - 2.00 OZ Biscuit - 2.00 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 Choice Eggs - 1.00 SV 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 Cold Cereal - 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 - 1.00 SV Choice Potato - 0.50 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Jelly - 1.00 PKT Ketchup Packet - (TOMATO) Sugar Substitute - 2.00 EA Milk - 1.00 CAR Coffee - 1.00 POR
	LUNCH						
Week 4	Chicken Salad - 0.50 CUP Fresh Radishes - 0.50 CUP California Ranch Salad - 0.50 CUP Croissant - 1.00 EA Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Jamaican Pork - (TOMATO) WG Macaroni & Cheese - 0.50 CUP Black-Eyed Pea Salad - 0.50 CUP Cooked Broccoli - 0.50 CUP WG Hamburger Bun - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Taco Salad: - 1.00 SV Beef Taco Meat - (TOMATO) Lettuce Blend - 2.00 CUP Shredded Cheese - 1.00 OZ Black Beans - 0.50 CUP Tomato Wedges - 4.00 WDG Green Pepper Slices - 4.00 SLC Taco Sauce - (TOMATO) Banana Oat Bar - 1.00 EA Beverage - 8.00 FLOZ	Tator Tot Casserole - 1.00 CUP Creamy Coleslaw - 0.50 CUP Wheat Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Vegetable Lasagna - (TOMATO) Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Chicken Fajita Mix - (TOMATO) Mexican Brown Rice - (TOMATO) Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Tortilla - 2.00 EA Taco Sauce - (TOMATO) Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Italian Meat Sauce - (TOMATO) Spaghetti Noodles - 0.75 CUP Mixed Vegetables - 0.50 CUP Italian Green Beans - 0.50 CUP Garlic Bread - 1.00 SLC Mozzarella Cheese - 0.50 OZ Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
	DINNER						
Week 4	Chicken Lo Mein w/Mushroom - 0.50 CUP Spaghetti Noodles - 0.75 CUP Cooked Carrots - 0.50 CUP Asian Cabbage Salad - 0.50 CUP Chow Mein Noodles - 0.50 OZ Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Meatball Sub Sandwich: - 1.00 SV Meatballs - 3.00 OZ Marinara Sauce - (TOMATO) Mozzarella Cheese - 0.50 OZ Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Hotdog Bun - 1.00 EA Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CAR Beverage - 8.00 FLOZ	Salisbury Patty - 1.00 EA Baked Potato - 1.00 EA Broccoli Salad - 0.50 CUP Stewed Tomatoes - (TOMATO) Sour Cream - 1.00 POUCH Ketchup Packet - (TOMATO) Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Chicken Stir Fry - 0.75 CUP Brown Rice - 0.75 CUP Green Beans - 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 Fresh Veggies - 0.50 CUP Pea Salad - 0.50 CUP Wheat Roll - 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	Shredded Turkey - 3.00 OZ Corn Chips - 1.00 OZ Baked Beans - (TOMATO) Cucumber Slices - 0.50 CUP WG Bread - 2.00 SLC BBQ Sauce - (TOMATO) Canned Fruit - 0.50 CUP Milk - 1.00 CAR Beverage - 8.00 FLOZ	Hamburger - 1.00 EA Lettuce Blend - 1.00 CUP Tomato Slices - 2.00 SLC Onion Slice - 1.00 SLC WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Ketchup Packet - (TOMATO) Sandwich Spread - 1.00 PKT 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.