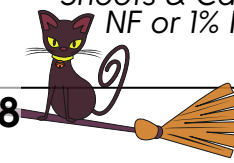
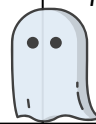


	MON	TUE	WED	THU	FRI
WEEK 4		 Vitamin C Rich Vitamin A Rich Vitamin C & A Rich Milk is served daily. Meal is subject to change without notice.	1 Sesame Chicken Parsnips Cantaloupe*** WG Noodles w/ Bamboo Shoots & Cabbage NF or 1% Milk 	2 Meatloaf Vegetable Medley Mashed Potatoes Pineapple & Papaya*** WG Dinner Roll NF or 1% Milk 	3 Chicken Pesto Pasta Carrots** Honeydew Melon* WG Pasta NF or 1% Milk
WEEK 5	6 Pepper Steak Green Bean, Mushroom, & Onion Stir Fry Bok Choy Pineapple & Papaya*** WG Dinner Roll NF or 1% Milk 	7 Chicken Tinga Roasted Corn Cantaloupe*** Brown Rice NF or 1% Milk 	8 White Fish Carrots** Orange* Quinoa NF or 1% Milk	9 Chicken Enchiladas Verde LS Black Beans Yellow Summer Squash Kiwi* WG Tortilla in entree NF or 1% Milk	10 Beef w/ Onion & Tomatoes Steamed Collard Greens or Kale** Tangerine or Tangelo* Brown Rice NF or 1% Milk
WEEK 1	13 Orange Chicken Garlic Zucchini & Carrots** Cantaloupe*** Brown Rice NF or 1% Milk 	14 Beef Stir Fry Broccoli*** Orange* WG Noodles NF or 1% Milk 	15 Baked Chicken LS White Beans Baked Yams** Tangerine or Tangelo WG Roll NF or 1% Milk Boo! 	16 Fish Almandine Garlic Spinach** Pineapple & Papaya*** Quinoa NF or 1% Milk	17 Harissa Chickpeas Onion, Yellow Bell Pepper & Kale (in entrée) Roasted Eggplant Honeydew Melon* WG Pita NF or 1% Milk
WEEK 2	20 Beef Fajitas Corn Green Beans Tangerine or Tangelo* WG Tortilla NF or 1% Milk 	21 Chicken Chile Verde LS Pinto Beans Cantaloupe*** Brown Rice NF or 1% Milk 	22 Fish Piccata Sauteed Red & Orange Bell Peppers & Onions Pineapple & Papaya*** WG Pasta NF or 1% Milk	23 Beef Stew Garlic Kale** Onion, Carrot, Celery & Potato (in entree) Honeydew Melon* Brown Rice NF or 1% Milk	24 Poblano Creamy Chicken Green Beans Orange* WG Pasta NF or 1% Milk
WEEK 3	27 Chicken Tikka Masala Roasted Eggplant, Tomatoes, & Onion Cantaloupe*** Brown Rice NF or 1% Milk 	28 Lemon Glazed Fish Sweet Potato Mash** Pineapple & Papaya*** Quinoa NF or 1% Milk	29 Beef & Broccoli Broccoli (in Entrée)*** Bok Choy Honeydew Melon* Brown Rice NF or 1% Milk 	30 Chicken Pasta Primavera Green Peas Tangerine OR Tangelo* WG Pasta NF or 1% Milk 	31 HAPPY HALLOWEEN Sweet & Tangy Meatballs LS Black Beans Coleslaw* Fresh Fruit in Season WG Roll Pumpkin Pudding NF or 1% Milk 