






All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3)</p> <p>HOT: Sirloin Tips w/Gravy, Noodles, Spinach, Carrots, Roll, Fruit Cocktail</p> <p>COLD: Lemon-Basil Rotini w/Grilled Chicken, Green Salad, Tomato Wedges, Roll, Fruit Cocktail</p> <p>VEG: Vegan Sirloin Tips w/Gravy, Noodles, Spinach, Carrots, Roll, Fruit Cocktail</p>	<p>4)</p> <p>HOT: Jamaican Jerk Chicken, Brown Rice Pilaf, Baked Beans, Zucchini, Roll, Yogurt, Juice</p> <p>COLD: Egg Salad Plate, Pasta Salad, Spinach Salad, Coleslaw, Roll, Yogurt, Juice</p> <p>VEG: Vegan Jamaican Jerk Chicken, Brown Rice Pilaf, Baked Beans, Zucchini, Roll, Yogurt, Juice</p>	<p>5)</p> <p>HOT: All Beef Cheeseburger, Potato Wedges, Broccoli, Bun, Applesauce</p> <p>COLD: Grilled Tuna Pasta Salad, Green Pea Salad, Sliced Beets, Roll, Whole Pear</p> <p>VEG: Veggie Cheeseburger, Potato Wedges, Broccoli, Bun, Applesauce</p>	<p>6)</p> <p>HOT: Chicken Marsala, Wild Rice Pilaf, Baby Carrots, Green Beans, Roll, Yogurt, Juice</p> <p>COLD: Smoked Turkey Breast & Swiss, Sandwich Bun, Potato Salad, Carrot Sticks, Yogurt, Juice</p> <p>VEG: Tofu w/Black Bean Sauce, Wild Rice Pilaf, Baby Carrots (1/2 Cup), Green Beans, Roll, Yogurt, Juice</p>	<p>7)</p> <p>HOT: Meatloaf w/Gravy, Mashed Potatoes, Collard Greens, Yellow Squash, Roll, Whole Apple</p> <p>COLD: Seafood Pasta Salad, Green Salad, Vegetable Soup, Roll, Whole Orange</p> <p>VEG: Vegan Meatloaf w/Gravy, Mashed Potatoes, Collard Greens, Yellow Squash, Roll, Whole Apple</p>
<p>10)</p> <p>TASTE THE USA!</p> <p>HOT: Yankee Pot Roast w/Gravy, Potatoes, Carrots, Spinach, Roll, Applesauce</p> <p>COLD: Imitation Lobster Salad on Potato Roll, Potato Salad, Carrot-Raisin Salad, Applesauce</p> <p>VEG: Portobello Pot Roast, Potatoes, Carrots, Spinach, Roll, Applesauce</p> <p>WELCOME TO NEW ENGLAND</p>	<p>11)</p> <p>HOT: Chicken Chili w/White Beans, Baby Baked Potato, Green Beans, Cornbread, Whole Apple</p> <p>COLD: Roasted Turkey Breast, Potato Salad, Sliced Beets, Roll, Whole Apple</p> <p>VEG: Vegan Chili w/White Beans, Baby Baked Potato, Green Beans, Cornbread, Whole Apple</p>	<p>12)</p> <p>HOT: Barbecued Beef Tips, Mashed Potatoes, Coleslaw, Broccoli, Roll, Whole Pear</p> <p>COLD: Sesame Noodles w/Chicken, Green Bean Salad, Carrot-Raisin Salad, Roll, Fruit Cocktail</p> <p>VEG: Barbecued Tofu, Mashed Potatoes, Coleslaw, Broccoli, Roll, Whole Pear</p>	<p>13)</p> <p>HOT: Terriyaki Chicken Legs, Wild Rice Pilaf, Sautéed Kale w/Onion, Coleslaw, Roll, Yogurt, Juice</p> <p>COLD: Tuna Salad, Cous Cous Salad, Coleslaw, Sliced Beets, Roll, Yogurt, Juice</p> <p>VEG: Terriyaki Tofu w/Vegetables, Wild Rice Pilaf, Sautéed Kale w/Onion, Coleslaw, Roll, Yogurt, Juice</p>	<p>14)</p> <p>HOT: Baked Salmon Chunks w/Tomato-Dill Sauté, Warm Farro Salad, Green Peas, Sliced Carrots, Roll, Whole Apple</p> <p>COLD: Pesto Chicken Salad Slider on Potato Slider Roll, Green Bean Salad, Cucumber Slices, Whole Apple</p> <p>VEG: BBQ Vegan Meatballs, Warm Farro Salad, Green Peas, Sliced Carrots, Roll, Whole Apple</p>

<p>17) HOT: Rotisserie Chicken, Baked Sweet Potato, Green Beans, Cornbread, Whole Pear  COLD: Ham & Cheese, Potato Roll, Three-Bean Salad, Cucumber Slices, Whole Pear VEG: Vegan Breaded Chicken Breast, Baked Sweet Potato, Green Beans, Cornbread, Whole Pear</p>	<p>18)  HOT: Roast Pork Loin w/Gravy, Brown Rice Pilaf, Carrots, Black-eyed peas, Roll, Yogurt, Juice COLD: Grilled Chicken Breast, Green Salad, Sliced Beets, Sandwich Roll, Yogurt, Juice VEG: Lentil & Veggie Stuffed Tomato, Brown Rice Pilaf, Carrots, Black-Eyed Peas, Roll, Yogurt, Juice ***BIRTHDAY CUPCAKE***</p>	<p>19) HOLIDAY</p> 	<p>20) HOT: Meatloaf with Gravy, Mashed Potatoes, Collard Greens, Baby Carrots, Roll, Yogurt, Juice COLD: Krab Salad Stuffed Tomato, Coleslaw, Wild Rice Salad, Yogurt, Juice VEG: Vegan Meatloaf with Gravy, Mashed Potatoes, Collard Greens, Baby Carrots, Roll, Yogurt, Juice</p>	<p>21) HOT: Cajun Fish Filet, Wheat Bun, Collard Greens, Coleslaw, Diced Pears COLD: Chicken Salad, Lettuce & Tomato, Potato Roll, Green Bean Salad, Cucumber Slices, Diced Pears VEG: Stewed Lentils & Vegan Chicken, Wheat Bun, Collard Greens, Coleslaw, Diced Pears</p>
<p>24) HOT: Chicken Tenders, Red Beans & Rice, Oven Fried Okra, California Veggies, Roll, Whole Orange COLD: Grilled Tuna & Pasta Salad, Green Pea Salad, Stewed Tomatoes, Roll, Whole Pear VEG: Vegan Chicken Tenders, Potato Wedges, Broccoli, Bun, Whole Pear</p>	<p>25) HOT: Country Beef Stew, Boiled Potatoes, Spinach, Roll, Yogurt, Juice COLD: Southwest Chicken Salad w/Corn, Black Beans, Peppers, and Tortilla Strips (Ranch Dressing), Tortilla, Pico de Gallo, Yogurt, Juice VEG: Portobello Mushroom, Tofu, Vegetable, & Bean Stew, Boiled Potatoes, Spinach, Roll, Yogurt, Juice</p>	<p>26) TASTE THE WORLD! HOT: Dor Wot (Chicken Stew in Red Sauce), Gomen (Collard Greens), Tikil Gomen (Cabbage, Potatoes & Carrots), Injera Bread, Whole Apple COLD: Roast Beef & Cheddar, Sandwich Bun, Greek Potato Salad (No Mayo), Sliced Beets, Whole Apple VEG: Kik Alich (Yellow Lentils), Gomen (Collard Greens), Tikil Gomen (Cabbage, Potatoes & Carrots), Injera Bread, Whole Apple WELCOME TO ETHIOPIA!</p>	<p>27)  HOT: Baked Pork Chop w/Gravy, Baked Sweet Potatoes, Green Beans, Cornbread, Yogurt, Juice COLD: Curry Chicken Salad, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Roll, Yogurt, Juice VEG: Veggie Burger w/Gravy, Baked Sweet Potatoes, Green Beans, Cornbread, Yogurt, Juice</p>	<p>28) HOT: Salisbury Steak w/Gravy, Mashed Potatoes, Sautéed Cabbage, Yellow Corn, Roll, Whole Apple  COLD: Bacon, Lettuce & Tomato, Sandwich Bun, Coleslaw, Couscous Salad, Whole Apple VEG: Vegan Salisbury Steak w/Gravy, Mashed Potatoes, Sautéed Cabbage, Yellow Corn, Roll, Whole Apple</p>

NUTRITION NOTES: Injera is a popular Ethiopian flatbread that's a key component of Ethiopian and Eritrean cuisine. Made with a fermented batter of teff flour, water, and yeast, it's known for its unique texture and slightly sour taste. Teff is very rich in iron and manganese, and also contains phosphorous, magnesium, calcium, zinc, sodium, and potassium. Teff is one of the most perfect plant-based sources of protein available. It has more than 12g of protein per 100g and contains all the essential amino acids humans need. (<https://www.healthysupplies.co.uk/blog/article/ten-amazing-facts-about-teff/>)