





Mon	Tue	Wed	Thu	Fri
		1 Centers Closed 	2 Orchard Salad w/Chicken (3/4 C diced chicken, 1Tbsp Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing Garlic Knot w/Margarine 1/2 C Greek Yogurt, 1/4 C Berries Cal 740	3 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Coleslaw 1/2 C Cilantro Lime Brown Rice 1/2 C Corn & Sweet Potato Soup Fresh Orange Cal 663
6 Firehouse Chili (1 C Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 657	7 Chicken w/Gravy (1 Chicken Breast, Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread Cal 631 Apple & 1 Lorna Doone Cookie	8 Stuffed Cabbage Roll (1) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yogurt w 1/4 C Berries Cal 620	9 Deli Plate (1/4 C Chicken Salad, 1/4 C Egg Salad) 1 C Lettuce, Cucumbers, Tomatoes 1 C French Onion Soup WW bread w/Margarine Cal 756 Orange & Berry Vanilla Cookies	10 Sausage and Peppers (1 Sausage link w/tomato sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Hoagie Roll 1/2 C Fresh Fruit Salad Cal 775
13 Meatloaf w/Gravy (1 slice meatloaf w/gravy) 1/2 C Mashed Potatoes 1/2 C Carrots Cal 726 WW Bread w/Margarine Banana Bread (1 mini loaf)	14 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread 1/2 C Strawberry Banana Applesauce Cal 860	15 Beef Stroganoff (1 C Beef Stroganoff) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Slice Pound Cake w/1/4 C Berries Cal 738	16 BBQ Turkey Flatbread (4 Slices Turkey, 1 Slice Cheese) 1/2 C Potato Salad 1WG Flatbread 1/2 C Fresh Cantaloupe Cal 666	17 Sweet and Sour Salmon (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748
20 Centers Closed 	21 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll Cal 655 1/2 C Fresh Cantaloupe	22 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637	23 Chicken Avocado Salad (3/4 C Chicken, 1 SS Cup Guac) Salad (2C Lettuce, Tomato, Cucumber) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686	24 Teriyaki Meatballs (3 Meatballs, Teriyaki Glaze) 1/2 C Sesame Green Beans 1/2 C Veggie Fried Rice 1/2 C Mandarin Oranges 1/2 C Chocolate Pudding Cal 753
27 Penne w/Meatballs (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1/2 C Side Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 666	28 Orange Chicken (3/4 C Chicken Strips) 1/2 C Stir Fry Veggie Blend 1/2 C Veggie Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple Cal 616	29 Pulled Pork Sandwich (1/2 C Pulled Pork) 1/2 C Coleslaw, 1 Pkt BBQ Sauce 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 681	30 Chicken BLT Salad (3/4 C Diced Chicken, 2 Tbsp Bacon) 1 C Salad (Lettuce, Tomato, Carrots) w/Dressing 1C Zucchini Parmesan Soup (2) WW Bread w/Margarine 1/2 C Fresh Fruit Salad 1 Pkt Oreo Cookies Cal 675	31 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Side Salad w/Dressing 1 Garlic Knot 1 Fresh Orange Cal 798