


Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Beef Chili            ½ cup Brown Rice            ½ cup Carrots            Corn Bread            Fresh Fruit  <i>Cals 776 Carbs 100g, Fat 23g, Sodium 716mg</i>            Vegetarian entrée: Pizza</p>	<p>2</p> <p><b>*HIGH SODIUM*</b>            Tuna Salad Sandwich            ½ cup Coleslaw            ½ cup Pasta Salad            Whole Wheat Bread            Strawberry Fruit Cup  <i>Cals 824 Carbs 90g, Fat 37g, Sodium 1113mg</i>            Vegetarian/Heart Healthy entrée: Tabouli &amp; Hummus Wrap</p>
<p>5</p> <p>Lasagna Roll-Up            ½ cup Tomato Marinara            ½ cup Broccoli            Multigrain Bread            Fruit Yogurt  <i>Cals 506 Carbs 79g, Fat 10g, Sodium 709mg</i></p>	<p>6</p> <p>Turkey Pasta Alfredo            1 cup Spinach            Diner Roll            Applesauce  <i>Cals 500 Carbs 66g, Fat 10g, Sodium 806mg</i>            Vegetarian entrée: Pasta w/o Turkey</p>	<p>7</p> <p>Hamburger            ½ cup Corn            ½ cup Green Beans            Hamburger Bun            Fruit Loaf  <i>Cals 767 Carbs 102g, Fat 24g, Sodium 725mg</i>            Vegetarian entrée: Veggie Burger</p>	<p>8</p> <p>Garlic Herb Chicken Breast            Red Skin Potatoes            ½ cup Brussels Sprouts            Whole Wheat Bread            Blueberry Snack Loaf  <i>Cals 650 Carbs 95g, Fat 14g, Sodium 764mg</i>            Vegetarian entrée: Sandwich Stuffer</p>	<p>9</p> <p>Asian Lime Pork Tips            ½ cup Brown Rice            ½ cup Mixed Asian Vegetables            Multigrain Bread            Fresh Fruit  <i>Cals 572 Carbs 75g, Fat 18g, Sodium 347mg</i>            Vegetarian entrée: Spring Rolls</p>
<p>12</p> <p>Beef Chili            ½ cup Brown Rice            ½ cup Carrots            Corn Bread            Fresh Fruit  <i>Cals 776 Carbs 100g, Fat 23g, Sodium 716mg</i>            Vegetarian entrée: Pizza</p>	<p>13</p> <p>Chicken Marsala            ½ cup Mashed Potatoes            ½ cup Green Beans            Whole Wheat Dinner Roll            Fresh Fruit  <i>Cals 565 Carbs 73g, Fat 13g, Sodium 875mg</i>            Vegetarian entrée: Sandwich Stuffer            Heart Healthy: Un-breaded Chicken Marsala</p>	<p>14</p> <p>Sweet Potato Pollock Filet            ½ cup Brown Rice            ½ cup Cauliflower            Multigrain Bread            Strawberry Fruit Cup  <i>Cals 612 Carbs 96g, Fat 13g, Sodium 431mg</i>            Vegetarian entrée: Stuffed Shells</p>	<p>15</p> <p>Sloppy Joe Sandwich            ½ cup Corn            ½ cup Broccoli            Hamburger Bun            Fruit Yogurt  <i>Cals 598 Carbs 81g, Fat 15g, Sodium 551mg</i>            Vegetarian entrée: Pizza</p>	<p>16</p> <p>Spaghetti and Meatballs            ½ cup Tomato Marinara            ½ cup Spinach            Whole Wheat Bread            Fruit Loaf  <i>Cals 731 Carbs 100g, Fat 22g, Sodium 753mg</i>            Vegetarian entrée: Lasagna Roll-Up</p>
<p>w19</p> <p>Hot Dog            ½ cup Baked Beans            ½ cup Carrots            Hot Dog Bun            Applesauce  <i>Cals 668 Carbs 72g, Fat 28g, Sodium 1075mg</i>            Vegetarian entrée: Veggie Burger</p>	<p>20</p> <p>Oven Roasted Chicken            ½ cup Brown Rice            ½ cup Peas            Multigrain Bread            Strawberry Fruit Cup  <i>Cals 595 Carbs 85g, Fat 15g, Sodium 569mg</i>            Vegetarian entrée: Veggie Burger</p>	<p>21</p> <p>BBQ Pork Patty            ½ cup Mashed Sweet Potatoes            ½ cup Green Beans            Whole Wheat Bread            Blueberry Snack Loaf  <i>Cals 711 Carbs 100g, Fat 20g, Sodium 867mg</i>            Vegetarian entrée: Pizza</p>	<p>22</p> <p>Chicken Stew            ½ cup Mashed Potatoes            ½ cup Mixed Vegetables            Whole Wheat Dinner Roll            Fresh Fruit  <i>Cals 525 Carbs 67g, Fat 6g, Sodium 369mg</i>            Vegetarian entrée: Sandwich Stuffer</p>	<p>23</p> <p>Fish Filet Sandwich            Red Skin Potatoes            ½ cup Carrots            Hamburger Bun            Chocolate Pudding  <i>Cals 729 Carbs 95g, Fat 24g, Sodium 894mg</i>            Vegetarian entrée: Lasagna Roll-Up</p>
<p>26</p> <p>Cheese Omelet            Hash Brown Patty            ½ cup Broccoli            Multigrain Bread            Fruit Yogurt  <i>Cals 625 Carbs 69g, Fat 27g, Sodium 786mg</i></p>	<p>27</p> <p>Chicken Fajita w/cheese, salsa, lettuce            ½ cup Spanish Rice            ½ cup Peppers &amp; Onions            Flour Tortilla            Fresh Fruit  <i>Cals 564 Carbs 68g, Fat 14g, Sodium 645mg</i>            Vegetarian entrée: Sandwich Stuffer</p>	<p>28</p> <p>Shepherd's Pie            ½ cup Mixed Vegetables            Whole Wheat Bread            Applesauce  <i>Cals 738 Carbs 54g, Fat 32g, Sodium 463mg</i>            Vegetarian entrée: Stuffed Shells</p>	<p>29</p> <p>Herb Pork Tips            ½ cup Red Skin Potatoes            ½ cup Corn            Whole Wheat Dinner Roll            Fruit Loaf  <i>Cals 739 Carbs 106g, Fat 18g, Sodium 588mg</i>            Vegetarian entrée: Veggie Burger</p>	<p>30</p> <p>Teriyaki Chicken Breast            ½ cup Fried Rice            ½ cup Mixed Asian Vegetables            Multigrain Bread            Fresh Fruit  <i>Cals 559 Carbs 85g, Fat 7g, Sodium 855mg</i>            Vegetarian entrée: Pizza</p>
<p>-Milk (low-fat, skim, or lactose-free) is served with every meal.            -Please notify us if you have any allergies.            -Menus are subject to change.</p> <p><b>Nutrition data is calculated for entire offered meal, including low-fat milk.</b></p>				