SENIOR NUTRITION MENU

Toter faron, with 10000							Page 23
SUN	MON	TUES	WED	THURS	FRI	SAT	
					01	02	
					Cabbage Roll Casserole Cauliflower Corn Apple Slices Wheat Bread 2% Milk		
03	04	05	06	07	08	09	
Menus are subject to change.	Sirloin Steak with Gravy Zucchini & Squash Scalloped Potatoes Pineapple Wheat Bread 2% Milk	Crab Cakes w/ Cream Sauce Broccoli Red Skin Potatoes Apricots Wheat Bread 2% Milk	Roasted Pork Tenderloin Sweet Potatoes Asparagus Applesauce Wheat Bread 2% Milk	Chicken Caesar Salad Lettuce Blend Grapes Pita Bread Hummus 2% Milk	Baked Spaghetti Prince Charles Blend Carrots Cinnamon Pears Wheat Bread 2% Milk		
10	11	12	13	14	15	16	
	BBQ Pork Sandwich Potato Puffs Nantucket Blend Fresh Apple Slices 2% Milk	Taco Salad w/ Meat & Cheese Diced Tomatoes Black Beans Fresh Blueberries Tortilla Chips Salad 2% Milk	Salmon Red Skin Potatoes Northwest Vegetables Fresh Plum Wheat Bread 2% Milk	Sloppy Joes Potato Salad Peas Hot Cherry Crisp 2% Milk	Mediterrean Smothered Chicken Mashed Potatoes Mixed Vegetables Mixed Fruit Wheat Bread 2% Milk		
17	18	19	20	21	22	23	
	Sausage & Egg Breakfast Sandwich Diced Red Skin Potatoes Carrots Orange 2% Milk	Turkey Chop Suey Rice Stir Fry Vegetables Fresh Plum Wheat Roll 2% Milk	Lemon Pepper Tilipia Venetian Blend Baby Baker Potatoes Apple Slices Wheat Bread 2% Milk	Greek Chicken Pasta Salad Hummus Broccoli Slaw Tomato Salad w/ Feta Fresh Mixed Melon Naan Bread 2% Milk	Vegetable Lasagna Italian Flat Beans California Blend Peaches Wheat Roll 2% Milk		
24	25	26	27	28	29	30	
	Salisbury Steak Green Beans Feather River Potatoes Mixed Fruit Wheat Bread 2% Milk	Oven Fried Chicken Breast Tossed Salad w/ Salad Dressing Carrots Hot Cinnamon Apples Wheat Bread 2% Milk	Roast Beef & Cheese Sub Crunchy Pea Salad Cowboy Cavair Mandarin Oranges 2% Milk	Turkey & Rice Casserole Corn Beets Fresh Plum Wheat Bread 2% Milk	Cheese Ravioli Capri Blend Vegetables Coleslaw Hot Blueberry Cobbler Wheat Roll 2% Milk		