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Monday	Tuesday	Wednesday	Thursday	Friday
Milk is served with every meal. Allergen in milk is milk.				
		1	2	3
		Chef Salad - Egg, Milk Whole Grain Saltine Crackers - Wheat Diced Peaches Chocolate Chip Cookie - Egg, Milk, Soy, Wheat Salad Dressing - Egg, Milk, Soy	Hamburger Patty - Soy Lettuce and Tomato Tater Tots - Soy Ranch Beans - Soy Whole Wheat Hamburger Bun - Wheat Citrus Fruit	Tuna Tetrazzini - Fish, Milk, Wheat, Soy Brussels Sprouts Roasted Baby Carrots - Soy Multi-Grain Bread - Wheat, Milk, Soy Cranapplesauce
6	7	8	9	10
Honey Mustard Chicken Black-eyed Peas - soy Green Beans w/Carrots Whole Grain Roll - wheat Fresh Orange	Turkey Ham Rotini Bake - wheat, milk Broccoli w/Red Peppers Whole Kernel Corn - soy Whole Grain Bread - wheat, milk, soy Fresh Apple	Beef and Bean Chili Baked Potato Parslied Potatoes - soy Mixed Green Salad Whole Grain Crackers - wheat, soy Hot Mandarin Oranges/Pineapples Salad Dressing - egg, milk, soy Sour Cream Packet - milk	Baked Chicken Piccata Sauce - soy Whole Grain Penne Pasta - wheat, soy Tuscany Vegetable Blend WG Garlic Breadstick - milk, soy, wheat Cranapple Sauce	Cheesy Potato Soup - soy, milk, wheat Capri Vegetables Cauliflower Whole Grain Saltine Crackers - wheat, soy Fresh Watermelon
13	14	15	16	17
Swedish Chicken Meatballs - milk, soy, wheat Egg Noodles - egg, wheat, soy Diced Carrots Whole Wheat Bread - wheat Fresh Orange	Pork Roast w/Gravy - milk, soy, wheat Yams Green Beans w/Red Peppers Whole Grain Roll - wheat Fresh Apple	Beef Taco Meat Shredded Cheese - milk Black Beans Mixed Green Salad Whole Grain Tortilla Chips - soy Hot Mandarin Oranges & Pineapple	Glazed Turkey Ham Oven Roasted Sweet Potatoes - soy Green Beans - soy, milk Whole Grain Roll - wheat Coconut Cake - egg, milk, soy, nut, wheat Citrus Fruit	Spinach and Mushroom Quiche - egg, milk Broccoli Brown Rice Multi-Grain Bread - wheat, milk, soy Apricot Halves
20	21	22	23	24
Beef Spaghetti Sauce Spaghetti Noodles - soy, wheat Green Beans Garden Vegetables WG Garlic Breadstick - milk, soy, wheat Hot Spiced Pears	Chicken Rice Casserole - milk, wheat, soy Herbed Green Peas Parslied Carrots Multi-Grain Bread - wheat, milk, soy Fresh Orange	Meatloaf with Gravy - egg, milk, soy, wheat Country Potatoes - milk, soy Mixed Vegetables Whole Wheat Bread - wheat Applesauce	Baked Chicken Balsamic Onion Sauce Whole Grain Penne Pasta - wheat, soy Mixed Green Salad Whole Grain Roll - wheat Hot Mandarin Oranges/Pineapples Salad Dressing - egg, milk, soy	Salmon Patty - fish Parslied Rice - soy Brussels Sprouts WW Hamburger Bun - soy, wheat Fresh Banana Tartar Sauce Packet - soy, egg
27	28	29	30	
Black Bean Soup Whole Kernel Corn Zucchini Squash - soy Whole Grain Crackers - wheat, soy Fresh Orange	Cheese Omelet - egg Shredded Cheese - milk Hashbrowns Stewed Tomatoes - soy Whole Wheat Bread - wheat Mixed Fruit	Chicken Fajita w/Onions/Peppers Spanish Rice Fiesta Vegetable Blend Whole Wheat Tortilla - wheat, soy Apricot Halves	WG Baked Fish - fish, wheat, soy Collard Greens Garden Medley Rice Whole Wheat Bread - wheat Applesauce Tartar Sauce Packet - soy, egg	