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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Milk is served with every meal. Allergen in milk is milk. </div>		1 <u>Potato Crusted Pollock:</u> egg, fish, wheat <u>Lemon Sauce:</u> milk, soy, wheat Tossed Salad <u>Cabbage w/Carrots:</u> milk, soy <u>Whole Grain Macaroni & Cheese:</u> milk, soy, wheat Fresh Apple <u>Ranch Salad Dressing:</u> egg, milk	2 <u>Meatloaf w/ Gravy:</u> egg, milk, soy <u>Garlic Whipped Potatoes:</u> milk Green Beans <u>Multi-Grain Bread:</u> soy, wheat Fresh Banana <u>Margarine:</u> soy	3 <u>Chicken Fried Rice:</u> egg, soy, wheat California Vegetable Blend <u>Whole Kernel Corn:</u> milk, soy Fresh Pear	4 <u>Honey Mustard Chicken</u> <u>Capri Vegetables:</u> milk, soy Garden Salad <u>WG Cornbread Muffin:</u> wheat, egg, soy, milk Fresh Orange <u>Ranch Salad Dressing:</u> egg, milk, soy <u>Margarine:</u> soy	5 <u>Baked Cod:</u> fish <u>Lemon Sauce:</u> milk, soy <u>Brown Rice Pilaf:</u> milk, soy Fall Vegetable Hash <u>Carrots:</u> milk, soy Fresh Banana
	6 <u>Salisbury Steak:</u> soy <u>Steakhouse Sauce:</u> milk, soy <u>Whipped Potatoes:</u> milk Green Beans <u>Whole Grain Roll:</u> soy, wheat	7 <u>Broccoli & Red Pepper Scramble:</u> milk, egg <u>Hashbrown Casserole:</u> milk Hot Sliced Peaches <u>Whole Wheat English Muffin:</u> milk, soy, wheat <u>Margarine:</u> soy	8 <u>Oven Fried Chicken:</u> soy, wheat California Vegetable Blend Green Peas Brown Rice Fresh Pear	9 <u>Potato Crusted Pollock:</u> egg, fish, wheat Whole Kernel Corn Applesauce <u>WG Hamburger Bun:</u> wheat <u>Tartar Sauce:</u> egg, soy	10 <u>Smothered Meatballs:</u> milk, soy, wheat <u>Carrots:</u> milk, soy Broccoli <u>Whole Grain Penne Pasta:</u> soy, wheat Fresh Banana	11 BBQ Pulled Pork Baked Beans <u>Coleslaw:</u> egg, soy <u>WG Cornbread Muffin:</u> wheat, egg, soy, milk Cinnamon Applesauce
13 <u>Cheesy Potato Soup:</u> fish, milk, soy Capri Vegetable Blend Hot Cinnamon Applesauce <u>Whole Grain Roll:</u> soy, wheat	14 <u>Breaded Chicken Patty:</u> wheat Sweet Potatoes Fresh Orange <u>WG Hamburger Bun:</u> wheat <u>Mayonnaise:</u> egg	15 <u>Turkey Ham w/Pinto Beans:</u> soy Peas & Carrots Tropical Fruit Brown Rice	16 Baked Chicken Thigh <u>Tarragon Sauce:</u> milk Fall Vegetable Hash Hot Sliced Peaches <u>Whole Grain Roll:</u> soy, wheat <u>Margarine:</u> soy	17 Diced Pork <u>Honey Ginger Glaze:</u> milk, soy <u>Fried Brown Rice:</u> egg, soy, wheat Japanese Vegetable Blend Fresh Pear <u>Fortune Cookie:</u> soy, wheat	18 <u>Grilled Salmon:</u> fish <u>Red Roasted Potatoes:</u> soy <u>California Vegetables:</u> milk, soy <u>WW Dinner Roll:</u> wheat, soy Fresh Pear <u>Margarine:</u> soy	19 <u>Stuffed Pepper:</u> soy, wheat, egg Brussels Sprouts Carrots <u>WW Dinner Roll:</u> wheat, soy Cantaloupe
20 Chicken Fajita <u>Fiesta Vegetable Blend:</u> milk, soy Pinto Beans <u>Whole Wheat Tortilla:</u> wheat Fresh Apple	21 <u>Potato Crusted Pollock:</u> egg, fish, wheat <u>California Vegetable Blend:</u> milk, soy <u>Brown Rice:</u> milk, soy Pineapple Tidbits Lemon Juice	22 <u>BBQ Pork Rib Patty:</u> soy Green Beans <u>Tater Tots:</u> soy <u>WG Hot Dog Bun:</u> wheat Fresh Orange Ketchup	23 <u>Thanksgiving Meal</u>  <u>Sliced Turkey w/ Gravy:</u> milk <u>Cornbread Dressing:</u> egg, milk, soy, wheat <u>Green Bean Amandine:</u> tree nut Fresh Orange <u>Pumpkin Bar:</u> milk, soy, wheat	24 Beef & Turkey Chili with Beans <u>Whipped Potatoes:</u> milk, soy Mixed Vegetables <u>Whole Grain Roll:</u> soy, wheat Fresh Pear <u>Choc Chip Cookie:</u> egg, milk, soy, wheat	25 <u>Baked Cod:</u> fish <u>Roasted Red Pepper Sauce:</u> milk, soy <u>Green Beans:</u> milk, soy <u>Whole Kernel Corn:</u> milk, soy <u>WW Dinner Roll:</u> wheat, soy Fresh Banana <u>Margarine:</u> soy	26 Baked Chicken Breast <u>Cordon Bleu Sauce:</u> milk <u>Green Peas w/Mushrooms:</u> milk, soy <u>Carrots:</u> milk, soy <u>WG Penne Pasta:</u> wheat, soy
27 <u>Omelet w/Black Beans & Cheese:</u> egg, milk Hashbrowns Winter Vegetable Blend <u>Multi-Grain Bread:</u> soy, wheat Fresh Pear	28 <u>Swiss Steak:</u> fish, milk, soy, wheat Whole Grain Penne Pasta Mixed Vegetables Fresh Orange	29 Pork Loin <u>Brown Gravy:</u> milk, soy Whipped Sweet Potatoes Green Beans <u>Whole Grain Roll:</u> soy, wheat Fresh Orange <u>Margarine:</u> soy	30 <u>Chicken Gumbo:</u> milk, soy Spinach Brown Rice <u>Cornbread:</u> milk, soy, wheat Applesauce	*Indicates High Vitamin C Source **Indicates High Vitamin A Source ***Indicates High Vitamin A and Vitamin C Source  Denotes sodium > 1000mg		