

Monday

Tuesday

Wednesday

Thursday

Friday

Three Sisters Soup
Dinner Roll
Fresh Green Salad
Fruit
Skim or 1% milk

4

Vegetarian 'fish' sticks
Dinner roll
Cottage Cheese
Fresh green Salad
Fruit
Skim or 1% milk

5

Bean, cheese and rice burritos
Confetti Corn Salad
Fresh green Salad
Fruit
Skim or 1% milk

6

Spaghetti w/ Marinara
Cottage Cheese
Cesar Salad
Fruit
Skim or 1% milk

7

Pizza!
Cottage cheese
Fresh green salad
Fruit
Skim or 1% milk

1

Haystacks w/all the fixins'
Veggie Medley
Fruit
Skim or 1% milk

11

Tomato Soup
Grilled Cheese sandwiches
Fresh green Salad
Fruit
Skim or 1% milk

12

Baked Apple French toast
Vanilla Yogurt
Veggie Medley
Fruit
Skim or 1% milk

13

Broccoli, cheese & rice casserole
Cottage cheese'
Dinner Roll
Fresh Green Salad
Fruit
Skim or 1% milk

14

Baked Potato
Homemade Chili w/Sour cream & cheese
Banana Bread
Fresh green Salad
Fruit
Skim or 1% milk

15

Spinach, leek & brown rice pie
Dinner roll
Fresh green salad
Fruit
Skim or 1% milk

18

Beanie Burgers
On a whole wheat bun
Coleslaw
Fruit
Skim or 1% milk

19

Mac N cheese
Roasted roots
Fresh green salad
Fruit
Skim or 1% milk

20

Been & cheese Burritos
Veggie medley
Fresh Green Salad
Fruit
Skim or 1% milk

21

Lentil Soup
Cornbread
Fresh green Salad
Fruit
Skim or 1% milk

22

Rajma
Brown Rice pilaf
Fresh green salad
Mango Lassi smoothie
Skim or 1% milk

25

Lentil Sloppy Joes
On a whole wheat bun
Coleslaw
Fruit
Skim or 1% milk

26

Gardeners Pie over
Mashed Potatoes
Dinner Roll
Fruit
Skim or 1% milk

27

Black Bean Soup
Corn Bread
Fresh Green Salad
Fruit
Skim, or 1% milk

28

Haystacks w/all the fixins'
Veggie Medley
Fruit
Skim or 1% milk

29

Menu subject to change given availability of food items.
This institution is an equal opportunity employer.