

6oz Berry Juice, Daily Items: 1/2c Salad dressing w/Garden Salads

Monday	Tuesday	Wednesday	Thursday	Friday
				1 3 oz Baked Fish Square/Bun 1/2c Vegetarian Baked Beans 1/2c Mixed Greens 1/2c Pineapple crused 1 Bun 1pk mustard /ketchup 8oz Milk 1 %
4 3 oz Chicken Salad/Bun 1/2c Glazed Carrots 1/2c Green Beans 1/2c Fruit Cup 1 ea Bun 8oz Milk 1%	5 3 oz Meat Loaf w/Gravy 1/2c Fresh Steam Cabbage 1/2 c Buttered Mashed Potatoes 1/2c Diced Pears 1 sl Wheat Bread Milk 1% 1tb Margarine	6 3 oz Baked Chicken Breast 1/2c Collard Greens 1/2 c Potato Salad 1/2c Yogurt 1sl Wheat bread 8oz Milk 1% 1tb margarine	7 3 oz Baked Fish 1/2c Broccoli Florets 1/2c Spanish Rice 1/2c Crushed Pineapple 1sl Wheat Bread 8oz Milk 1% 1tb margarine	8 3 oz Beef Pattie w/green peppers 1/2c Seasoned Red Potatoes 1/2c Coleslaw 1 Fresh Orange 1 sl Wheat Bread 8oz Milk 1 % 1tb margarine
11 3 oz Baked Chicken 1/2c Red Beans & Rice 1/2c Kale Greens 1/2c Peaches 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	12 3 oz Baked Turkey 1/2 c Macaroni Salad 1/2 c Vegetable Medley 1/2 c Tropical Fruit 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	13 3 oz BBQ Baked Chicken 1/2c Carrot/Raisin/Pineapple 1/2c Spinach 1 Fresh Banana 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	14 3 oz Salmon Cakes 1/2c Green Beans 1/2c Mashed Potatoes 1/2c Apple Betty 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	15 5 oz Italian Dice Chicken Pasta Salad 1/2c Glazed Carrots 1/2c Broccoli Florets 1/2c Fresh Mix Fruit Cup 6 Wheat Crackers 8oz Milk 1 %
18 3 oz Grilled Chicken Breast 1/2c Mixed Greens 1/2c Yellow Rice 1/2 c Pears 1sl Wheat Bread 8oz Milk 1% 1tb margarine	19 3 oz Baked Turkey Wings 1/2c Seasoned Kidney Beans 1/2c Collard Greens 1/2 c Melon Cup 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	20 3oz Fish Square w/Ketchup 1/2c Sliced Potatoes w/Cheese 1/2c Green Beans 1/2c Fruit Cocktail 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	21 3 oz Italian Sausage/Bun 1/4 c Green Peppers 1/2c Garden Salad w/dressing 1/2 c Vegetarian Baked Beans 1/2c Orange Sherbert 8oz Milk 1 Bun	22 3 oz Diced Chicken/Macaroni Salad 1/2c Coleslaw 1/2c Mixed Vegetables 1 Fresh Plum 6 Wheat Crackers 8oz Milk 1 %
25 3 oz Meatballs w/Gravy (4) 1/2c Buttered Noodles 1/2c Oriental Vegetables 1/2c Garden Salad w/dressing 1/2c Strawberry Cup 1 sl Wheat Bread 8 oz Milk 1% 1tb margarine	26 3 oz Grilled Turkey Burger/Bun 1/2 c Pickled Beets 1/2 c Spinach 1/2 c Apple Sauce w/raisins 1 Bun 1pk Ketchup/Mustard 8 oz Milk 1%	27 3oz Spaghetti w/meat sauce 1/2 c Garden Salad w/dressing 1 Corn Cobbett 1/2 c Spinach 1/2 c Fruit Coctail 1 sl Wheat Bread 8 oz Milk 1% 1 tb margarine	28 3 oz Baked Chicken Let 1/2 c Red Beans & Rice 1/2 c Collard Greens 1/2 c Mixed Melon Cubes 1 sl Wheat Bread 8 oz Milk 1% 1 tb margarine	29 3 oz Tuna Salad 1/2 c Fresh Mix Fruit Cup 1/2 c Fresh Veggie Pasta 1/2 c Green Beans 1/2c Yogurt 6 Wheat Crackers 8 oz Milk 1%