

Menu items are subject to change depending on product availability.
 Every day we deliver skim milk.

Week 1

Day	Hot Meal	Cold Meal
Monday	Bok choy noodles Edamame Roasted carrots	Chicken sandwich 3-bean salad Pears Orange juice Whole wheat bread & butter
Tuesday	Meatloaf w/gravy Mashed sweet potatoes Asparagus	Egg salad on wheat Mixed greens salad Peaches Cranberry juice Cinnamon bread & butter
Wednesday	Salmon w/lemon-garlic sauce Coconut rice Peas	Ham sandwich Zucchini salad Fresh apple Grape juice Mini bagel and cream cheese
Thursday	Herbed chicken breast au jus Black beans Carrots	Cheddar cheese sandwich Yogurt Applesauce Pineapple juice Whole wheat bread and butter
Friday	Roast beef in red sauce Brown rice Roasted cauliflower	Beef sandwich Roasted vegetable salad with feta Fresh fruit in season Apple juice White bread and butter

Week 2

Day	Hot Meal	Cold Meal
Monday	Chili cod White rice Broccoli	Chicken salad sandwich 3-bean salad Pineapple Orange juice Whole wheat bread & butter
Tuesday	Beef cabbage rolls Beets Carrots	Turkey on wheat Mixed greens salad Peaches Cranberry juice Cinnamon bread & butter
Wednesday	Orange beef Brown rice Green beans	Ham sandwich Zucchini salad Fresh apple Grape juice Mini bagel and cream cheese
Thursday	Lime cilantro chicken Farmer's market greens Black beans	Monterey jack sandwich Yogurt Fruit salad Pineapple juice Whole wheat bread and butter
Friday	Sweet Italian sausage w/rice & peppers Cauliflower Peas	PB&J sandwich on raisin bread Roasted vegetable salad with feta Fresh banana Apple juice White bread and butter

Week 3

Day	Hot Meal	Cold Meal
Monday	Chicken curry with peas White rice Roasted zucchini	Chicken sandwich 3-bean salad Pears Orange juice Whole wheat bread & butter
Tuesday	Pasta w/sautéed greens & feta Cauliflower White bean salad	Egg salad on wheat Mixed greens salad Peaches Prune juice Cinnamon bread & butter
Wednesday	Dijon salmon Brown rice Broccoli	Ham sandwich Zucchini salad Fresh apple Grape juice Mini bagel and cream cheese
Thursday	Chicken thighs in red sauce Roasted red potatoes Carrots	Cheddar cheese sandwich Yogurt Applesauce Pineapple juice Whole wheat bread and butter
Friday	Pork tenderloin w/pesto sauce Sweet potatoes Peas	Tuna salad sandwich Roasted vegetable salad with feta Fresh fruit in season Apple juice White bread and butter

Week 4

Day	Hot Meal	Cold Meal
Monday	Beef peppersteak Brown rice Green beans	Chicken salad sandwich 3-bean salad Pears Orange juice Whole wheat bread & butter
Tuesday	Honey garlic salmon White rice Sauteed greens	Turkey on wheat Mixed greens salad Peaches Cranberry juice Cinnamon bread & butter
Wednesday	Chicken salad with raisins & almonds Roasted sweet potato Sauteed cauliflower	Ham sandwich Zucchini salad Fresh apple Grape juice Mini bagel and cream cheese
Thursday	Tacos (ground beef, grated cheese, corn tortillas) Roasted tomatoes Herbed zucchini and black beans	Monterey jack sandwich Yogurt Pineapple Pineapple juice Whole wheat bread and butter
Friday	Macaroni & cheese Lentil salad Roasted cherry tomatoes	PB&J sandwich on raisin bread Roasted vegetable salad with feta Fresh banana Apple juice White bread and butter

Week 5

Day	Hot Meal	Cold Meal
Monday	Ground beef & tomato chili Brown rice Broccoli	Chicken sandwich 3-bean salad Pears Orange juice Whole wheat bread & butter
Tuesday	Salmon w/dill & shallot sauce Roasted red potatoes Peas	Egg salad on wheat Mixed greens salad Orange slices Cranberry juice Cinnamon bread & butter
Wednesday	Meatloaf & gravy Mashed potatoes Green beans	Ham sandwich Zucchini salad Fresh apple Grape juice Mini bagel and cream cheese
Thursday	Chicken breast with sour cream sauce Beets Herbed corn	Cheddar cheese sandwich Yogurt Applesauce Pineapple juice Whole wheat bread and butter
Friday	Pork tenderloin au jus White rice Roasted cauliflower	Beef sandwich Roasted vegetable salad with feta Fresh fruit in season Apple juice White bread and butter

Week 6

Day	Hot Meal	Cold Meal
Monday	Cod w/pineapple White rice Steamed broccoli	Chicken salad sandwich 3-bean salad Pears Orange juice Whole wheat bread & butter
Tuesday	Beef peppersteak Asparagus Roasted sweet potatoes	Turkey on wheat Mixed greens salad Peaches Cranberry juice Cinnamon bread & butter
Wednesday	Turkey with stuffing Corn Peas	Ham sandwich Zucchini salad Fresh apple Prune juice Mini bagel and cream cheese
Thursday	Chorizo w/pasta Roasted cauliflower Herbed carrots	Monterey jack sandwich Yogurt Fruit salad Pineapple juice Whole wheat bread and butter
Friday	Salsa chicken & rice Sautéed greens & onions Black beans	PB&J sandwich on raisin bread Roasted vegetable salad with feta Fresh banana Apple juice White bread and butter

Week 7

Day	Hot Meal	Cold Meal
Monday	Chinese beef & zucchini White rice Roasted carrots	Chicken sandwich 3-bean salad Pears Orange juice Whole wheat bread & butter
Tuesday	Lemon chicken w/capers Red potatoes Peas	Egg salad on wheat Mixed greens salad Peaches Cranberry juice Cinnamon bread & butter
Wednesday	Chili salmon Roasted broccoli Corn	Ham sandwich Roasted zucchini salad Fresh apple Grape juice Mini bagel and cream cheese
Thursday	Pork tenderloin Roasted sweet potatoes Green beans	Cheddar cheese sandwich Yogurt Applesauce Pineapple juice Whole wheat bread and butter
Friday	Chickpea pasta salad Roasted tomatoes Brown rice	Tuna salad sandwich Roasted vegetable salad with feta Fresh fruit in season Apple juice White bread and butter

Week 8

Day	Hot Meal	Cold Meal
Monday	Lemon paprika cod White rice Greens & carrots	Chicken salad sandwich 3-bean salad Pears Orange juice Whole wheat bread & butter
Tuesday	Beef stew Corn Roasted broccoli	Turkey on wheat Mixed greens salad Peaches Cranberry juice Cinnamon bread & butter
Wednesday	Pizza Green beans Carrots	Ham sandwich Zucchini salad Fresh apple Grape juice Mini bagel and cream cheese
Thursday	Sweet Italian sausage w/onions & peppers Brown rice Peas	Monterey jack sandwich Yogurt Fruit salad Pineapple juice Whole wheat bread and butter
Friday	Chicken breast w/caper sauce Farmer's market mixed vegetables Rosemary roasted red potatoes	PB&J sandwich on raisin bread Lentil salad with feta Fresh banana Apple juice White bread and butter