






MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b> <b>A - Beef Burgundy</b> <b>B - Potato Crusted Pollock with Dill Sauce</b> Brown Rice Lemon Brussels Sprouts Wheat Bread Fresh Fruit	<b>4</b> <b>A - Lemon Butter Chicken</b> <b>B - Mushroom Pork Loin</b> Cheesy Parslied Potatoes Green Beans Texas Bread Fresh Fruit	<b>5</b> <b>Cold Meal</b> <b>A - Pimento Cheese</b>  <b>B - Yogurt Dill Chicken Salad</b> Aztec Couscous Salad Carrot Raisin Salad Wheat Bread Fruited Lemon Gelatin	<b>6</b> <b>A - Thai Chili Pork Loin</b> <b>B - Orange Diced Chicken</b> Whole Grain Penne Pasta Chinese Cabbage Wheat Bread Fresh Fruit	<b>7</b> <b>A - Turkey Macaroni and Cheese</b> <b>B - Beef Enchilada Pie</b> Lentils California Vegetable Blend Texas Bread Grape Juice					
<b>10</b> <b>A - Coconut Chicken</b> <b>B - BBQ Mustard Beef Meatballs</b> Confetti Brown Rice Japanese Vegetable Blend Texas Bread Fresh Fruit	<b>11</b> <b>A - Rosemary Pork Loin</b> <b>B - Breaded Chicken with Gravy</b> Whipped Potatoes with Skins Green Beans Wheat Bread Fresh Fruit	<b>12</b> <b>A - Swiss Steak</b> <b>B - Turkey and Dumplings</b> Chili Beans Stewed Okra Texas Bread Fresh Fruit	<b>13</b> <b>Cold Meal</b> <b>A - Tuna Macaroni Salad</b> <b>B - Turkey and Rice Salad</b> Marinated Beet Salad Marinated Carrots Wheat Bread Fruited Strawberry Gelatin	<b>14</b> <b>Father's Day</b> <b>Cajun Meatloaf</b> Brown Rice Broccoli Dinner Roll Oreo Cookies					
<b>17</b> <b>A - Ron Lantz's Meatloaf with Brown Gravy</b> <b>B - Lemon Caper Breaded Chicken</b> Seasoned Lentils Brussels Sprouts Wheat Bread Fresh Fruit	<b>18</b> <b>A - Turkey Tetrazzini</b> <b>B - Beef Pizza Casserole</b> Broccoli Parslied Carrots Wheat Bread Fresh Fruit	<b>19</b> <b>A - Thai Chili Chicken</b> <b>B - Hung-Shao Pork</b> Brown Rice Japanese Vegetable Blend Wheat Bread Fruited Lime Gelatin	<b>20</b> <b>A - Dan Pruett's Hamburger Patty</b> <b>B - Breaded Chicken Patty</b> Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup	<b>21</b> <b>A - Cheesy Macaroni</b>  <b>B - Beef Spaghetti Casserole</b> Seasoned Cauliflower Green Beans Almandine Dinner Roll Cranberry Juice					
<b>24</b> <b>A - Chicken Meatballs with Gravy</b> <b>B - Beef with Vegetable Gravy</b> Green Peas Cabbage Texas Bread Fresh Fruit	<b>25</b> <b>A - Three Cheese Ziti</b>  <b>B - Cheeseburger Macaroni</b> Glazed Carrots Green Beans Texas Bread Fresh Apple	<b>26</b> <b>A - Szechuan Pork Roast</b> <b>B - Black Bean Chicken</b> Brown Rice Cauliflower with Red Peppers Wheat Bread Fresh Fruit	<b>27</b> <b>A - Caesar Chicken</b> <b>B - Falafel Balls with Tzatziki Sauce</b> Mixed Beans Green Beans and Carrots Wheat Bread Lemon Pudding	<b>28</b> <b>A - Mexican Beef Picadillo</b> <b>B - Enchilada Diced Chicken</b> Savory Lime Corn Brussels Sprouts Corn Tortillas (2) Apple Juice					
			<b>*Due to unavailability of certain items, appropriate substitutions may need to be made.</b>  <b>**Milk is served every meal.</b>	 - Vegetarian Entrée   ≥ 1000mg Sodium					

*Sarah Hutsler, RD, LD 12/22/23*  
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