

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tuna Salad Sandwich - 4oz 1/4c Lettuce, 1 slice Tomato 4oz Fruit Juice Wheat Sandwich Roll 1/2c Mixed Fruit Salad	4 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Rice 1/2c Pineapple	5 3oz Sliced Roast Pork 1oz Cheddar Cheese 1/2c Carrot Raisin Salad 2 Rye Bread Fresh Fruit Ketchup Pkt	6 3oz Chicken Breast 1/2c Coleslaw 1/2c Beets Hamburger Bun Fresh Fruit	7 3oz Sliced Roast Beef 1oz American Cheese 4oz Fruit Juice 2 Whole Wheat Bread 1/2c. Sliced Peaches
10 4oz Chicken Salad 1/2c Three Bean Salad 1/2c Pasta Salad 2 Whole Wheat Bread Blushed Fruit	11 3oz Turkey Sandwich 1oz Provolone 1/2c Potato Salad 2 Wheat Bread 1/2c Peaches	12 4oz Egg Salad 1/2oz Cheddar Cheese 1/2c Vegetable Salad 2 Multi Grain Bread 1/2c. Applesauce	13 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1 Dinner Roll Fresh Fruit	14 3oz Sliced Roast Pork 1oz Cheddar Cheese 1/2c Carrot Raisin Salad 2 Rye Bread Fresh Fruit Ketchup Pkt
17 3oz Bologna 1 Slice American Cheese 1/2c. Macaroni Salad Sandwich Roll Fresh Fruit Milk	18 3oz Chipped Ham Sandwich 1 Slice Provolone Cheese 1/2c Apple Slices 1/2c Coleslaw Hamburger Bun	19 Grilled Chicken Sandwich 1/2c Three Bean Salad 1/2c Coleslaw Sandwich Roll Cookie Milk	20 2 T Peanut Butter. 1 T. Jelly 1/2c Cottage Cheese 4oz Fruit Juice 2 Multi Grain Bread 1/2c Pineapple Tidbits Milk	21 3oz Meatloaf 1oz Provolone Cheese 1/2c. Broccoli Salad Whole Wheat Bread Fresh Fruit Mayo Pkt
24 3oz Sliced Turkey Breast 1oz Provolone Cheese 1/2c Tomato, Onion, Pepper Salad 2 Multi Grain Bread Fresh Fruit Mayo Pkt Milk	25 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1 Dinner Roll Fresh Fruit	26 3oz Sliced Roast Pork 1oz Cheddar Cheese 1/2c Carrot Raisin Salad 2 Rye Bread Fresh Fruit Ketchup Pkt	27 3oz Turkey Sandwich 1oz Provolone 1/2c Broccoli Salad 2 Wheat Bread Seasonal Fresh Fruit	28 3oz Sliced Roast Beef 1oz American Cheese 4oz Fruit Juice 2 Whole Wheat Bread 1/2c. Sliced Peaches
31 3oz Corned Beef 1oz Swiss Cheese 1/2c Cucumber Salad 2 Rye Bread Fresh Fruit Mayo Pkt	For seniors, it's important to maintain muscle mass. Lean proteins, whole grains, and low fat dairy will help you stay strong!			

