



International Cuisine Wednesdays

Friday

1
Vegetable Soup
Caesar Salad w/
Grilled Chicken
Corn on the Cobb
Apple
Whole Wheat Bread
1% Low Fat Milk
Caesar Salad Dressing

2
Lemony Chickpea and
Kale Stir fry
Whole Wheat Pasta
Salad
Roasted Broccoli w/
Cauliflower
Mandarin Oranges
Whole Wheat Bread
1% Low Fat

3 *International
Wednesdays*
Mediterranean
Steak Bites
Greek Lemon Rice
Cucumber Salad
Strawberries
Whole Wheat Bread
1% Low Fat Milk

4
Jerk Chicken Leg
Dirty Brown Rice w/
Kidney Beans
Cabbage w/
Shredded Carrots
Pear
Whole Wheat Bread
1% Low Fat Milk

**5
Spinach Stuffed
Fish
Brussel Sprouts
Scalloped Potatoes
Whole Wheat Bread
1% Low Fat Milk**

8
Jamaican Stewed
Peas
Mexican Confetti Rice
Mixed Green Salad
Honeydew Melon
Whole Wheat Bread
1% Low Fat Milk

9
Sweet Coconut
Chicken
Italian Blend
Vegetables
Orange
Cornbread
1% Low Fat Milk

10 *International Wednesdays*
Indian Beef Curry
Steamed Rice
Sauteed Vegetables
Pineapple
Whole Wheat Buns
1% Low Fat Milk

**11
BBQ Pork Chops
Green Beans with
Onions
Plums
Whole Wheat Bread
1% Low Fat Milk**

**12
Baked Flounder
Macaroni and
Cheese
Roasted Root
Vegetables
Banana
Whole Wheat Bread
1% Low Fat Milk**

15
Four Bean Salad
Red Lentil Pasta
Broccoli w/ Toasted
Garlic
Tangerines
Whole Wheat Bread
1% Low Fat Milk

16
Beef Franks
Coleslaw
Corn on the Cobb
Garden Salad
Apple
Hot Dog Bun
1% Low Fat Milk

17 ***International
Wednesdays***
***General Tso's
Chicken
Vegetable Fried Rice
Spring Rolls
Strawberries
Whole Wheat Bread
1% Low Fat Milk***

18
BBQ Pulled Pork
Baked Beans
Collard Greens with
Tomato
Orange
Cornbread
1% Low Fat Milk

19
Baked Fish
Macaroni Salad
Sauteed String
Beans
Peach
Whole Wheat Bread
1% Low Fat Milk

22
Chili-Lime Wild Rice
and Black Bean Salad
General Tso's
Cauliflower
Mango
Whole Wheat Bread
1% Low Fat Milk

23
Beef Stew
Yellow Rice
Beet Salad
Pear
Whole Wheat Bread
1% Low Fat Milk

24
Birthday Party
Honey Garlic Salmon
Brown Rice
Capri Blend
Vegetables
Red Grapes
Dinner Roll
1% Low Fat Milk

25
Shrimp Fettuccine
Alfredo
Steamed Broccoli
Orange
Garlic Bread
1% Low Fat Milk

**26
Baked Breaded
Fish Fillet
Roasted Sweet
Potato Fries
Apple
Whole Wheat Bread
1% Low Fat Milk**

29
Aromatic Veggie
Brown Rice
Biryani with Chickpeas
Cucumber Salad
Pear
Whole Wheat Bread
1% Low Fat Milk

30
BBQ Boneless Beef
Ribs
Potato Salad
Roasted Root
Vegetables
Applesauce
Whole Wheat Bread
1% Low Fat Milk

Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.