

	Marinara Sauce Garden Salad Cantaloupe Garlic Bread 1% Low Fat Milk	Rasta Pasta Italian Blend Vegetables Frozen Mango Garlic Bread 1% Low Fat Milk	Collard Green Rice and Peas Frozen Mixed Berries Cornbread 1% Low Fat Milk	Oriental Bl Vegetables Tangerines Corn Muffin 1% Low Fa
o and oli t White Rice Beans Mango Wheat Bread y Fat Milk	8 Cajun Style White Beans and Greens Arugula Salad with Roasted Beets and Carrots Plums Whole Wheat Bread 1% Low Fat Milk Pineapple Juice	9 Jamaican Style Wednesdays Beef Oxtails w/ Gravy White Rice Cabbage with Vegetables Honeydew Melon 1% Low Fat Milk	10 Tuna Fish Salad Halved Avocado Lettuce and Tomato Fruit Cocktail Whole Wheat Bread 1% Low Fat Milk Apple Juice	11 Chicken B Baked Pot Wedges Cucumber Salad Banana Hamburger 1% Low Fa
ered Pork d Potatoes h Mixed Wheat Bread y Fat Milk	15 Beef and Cheese Lasagna Broccoli w/ Toasted Garlic Orange Whole Wheat Bread 1% Low Fat Milk	16 Jamaican Style Wednesdays Brown Stew Chicken Seasoned Rice Sautéed Cabbage Frozen Mixed Berries Whole Wheat Bread 1% Low Fat Milk	17 Chickpea of the Sea Tuna Corn, Black Bean, and Pepper Salad Crudité and Hummus Papaya Whole Wheat Bread 1% Low Fat Milk	18 Coconut Curried Fis Honey Gar Roasted Cauliflowe Apple Whole Whe Bread 1% Low Fa
op Soup e Style Steak Rice Style ber Salad Wheat Bread y Fat Milk	22 Dan Dan Noodles (Noodles with Vegetables) Chickpea Salad Cantaloupe Whole Wheat Bread 1% Low Fat Milk	23 Jamaican Style Wednesdays Curried Chicken Yams Mac and Cheese Applesauce Whole 1% Low Fat Milk	24 Turkey Meatloaf Adobo Spiced Cauliflower, Zucchini, and Carrots Pineapple Chunks Whole Wheat Bread 1% Low Fat Milk	25 Salmon Bu Coleslaw French Frie Banana Hamburger 1% Low Fa
y o W	29 Minestrone Soup Beef Fritter	30 Birthday Party W	31 Baked Asian Style Honey Chicken	