






Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Beef and Broccoli Brown Rice Oriental Vegetables Canned Pears</p>	<p>3 Chicken Salad Quinoa Salad Garden Salad Cabbage with Shredded Carrots Whole Wheat Bread Apple Juice Orange</p>	<p>4 CENTER CLOSED HOLIDAY INDEPENDENCE DAY</p> 	<p>5 Coconut Curried Cod Fish Black Beans and Rice Whole Wheat Bread Broccoli and Red Pepper Salad Cantaloupe</p>	<p>6 Garden Bounty Soup Eggplant Parmesan Rotini whit Tomatoes and Black Olives Whole Wheat Bread Garden Salad Fruit cocktail Orange Juice</p>
<p>9 Stuffed Flounder Baked Sweet Potato Whole Wheat Dinner Roll Kale with Tomato Orange</p>	<p>10 Chicken Cacciatore Egg Noodles Broccoli with Toasted Garlic Grape Juice Sliced Peaches</p>	<p>11 Vegetable Ratatouille Whole Wheat Dinner Roll Wild Rice Romaine, Kale, Pepper, Black Olive and Feta Salad Banana</p>	<p>12 BBQ Boneless Beef Ribs Baked Red Potato Wedges Whole Wheat Bread Cabbage Carrot Slaw Applesauce Grape Juice</p>	<p>13 Lentil Soup Tuna Fish Salad Classic Macaroni Whole Wheat Bread Cucumber Tomato Salad Green bean Sauté Apple Orange Pineapple Juice</p>
<p>16 Egg Salad Lite with Lettuce Tabbouleh with Garbanzo Beans Whole Wheat Bread Beet, Arugula and Feta Salad Blueberries Orange Pineapple Juice</p>	<p>17 Spanish Style Codfish Brown Rice with Beans California Blend Vegetables Yellow Plantains Grapes</p>	<p>18 Chicken Fricassee Brown Rice with Mushrooms Whole Wheat Bread Beets and Baby Carrots with Dill Nectarine Orange Juice</p>	<p>19 Baked Marinated Cod Barley Normandy Blend Whole Wheat Bread Fruit Cocktail Orange Pineapple Juice</p>	<p>20 Minestrone Soup Turkey Burger Baked Macaroni and Cheese Whole Wheat Bread Broccoli and Red Peppers Orange</p>
<p>23 Whole Wheat Pasta Primavera with Cheese Whole Wheat Bread Cauliflower with Carrots and Parsley Apple Orange Juice</p>	<p>24 BIRTHDAY LUNCH Baked Salmon with Cilantro Citrus Sauce Couscous with Peas and Lemon Whole Wheat Bread Roasted Peppers Spinach and Gorgonzola Salas Apple Juice Sliced Peaches</p>	<p>25 Meatloaf with Mushroom Sauce Homemade Mashed Potatoes Whole Wheat Bread Collard Greens Canned Pineapple Orange Pineapple Juice</p>	<p>26 Baked Fish with Garlic Sauce Egg Barley with Mushrooms Broccoli with Toasted Garlic Cucumber Dill Salad Canned Pears Grape Juice</p>	<p>27 Black Bean Soup Chicken Salad Quinoa Whole Wheat Bread Cabbage with Shredded Carrots Garden Salad Apple Juice Orange</p>
<p>30 Beef Stroganoff with Noodles Whole Wheat Bread Braised Red Cabbage with Apples Brussel Sprouts Apple Juice Strawberries</p>	<p>31 Lentil Soup Salmon Burger Whole Wheat Dinner Roll Red Bean Salad Succotash Fruit Cocktail Grape Juice</p>	<p>EVERY WEDNESDAY MAKE YOUR OWN SUNDAY DAY</p>  <p>EVERY FRIDAY IS SOUP DAY</p> 	<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet</p>	<p>Alternates available daily— You must place your choice no later than 11:30AM</p>