


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</p>	<p>1</p> 	<p>2</p> <p>Turkey Burger Hamburger Bun Whole Wheat Roasted Sweet Potato Fries Sautéed String Beans Applesauce Grape Juice</p>	<p>3</p> <p>Vegetable Baked Ziti with Whole Wheat Pasta Whole Wheat Dinner Roll Mixed Green Salad Cantaloupe</p>	<p>4</p> <p>MEMBER APPRECIATION LUNCH Lentil Soup Baked Fish with Creole Sauce Yellow Rice Spinach Banana Special Dessert</p>
<p>7</p> <p>Baked Ziti with Beef Meatballs California Blend Vegetables Whole Wheat Bread Apple juice Canned Pears</p>	<p>8</p> <p>Polish Cabbage Soup Baked Marinated Cod Whole Wheat Bread Kale and Tomato Yellow Plantains Fruit Cocktail Orange Pineapple Juice</p>	<p>9</p> <p>Orzo Stuffed Peppers Garlic Bread Four Bean Salad Fresh Sliced Tomatoes and Cucumbers Orange</p>	<p>10</p> <p>Chicken Noodle Soup Broiled Tilapia Parmesan Whole-wheat Bread Roasted Brussels Sprouts Roasted Potatoes Canned Mandarins</p>	<p>11</p> <p>Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Garden Salads Banana Orange Pineapple Juice</p>
<p>14</p> <p>Creamy Beef and Mushrooms Sauce Egg Noodle Whole Wheat Bread Roasted Zucchini Cantaloupe</p>	<p>15</p> <p>MLK Birthday (M.L.K. Favorites) B.B.Q. Chicken Sweet Potatoes Collard Green Whole Wheat Bread Orange Pineapple Juice Pecan Pie</p>	<p>16</p> <p>A Nice Vegetable Soup Fish with Creole sauce Baked Potatoes Whole Wheat Dinner Roll Mixed Green Salad Apple Juice Canned pears</p>	<p>17</p> <p>Whole Wheat Vegetable Lasagna Whole Wheat Bread Sautéed String Beans Orange</p>	<p>18</p> <p>Beef Salisbury Steak with Mushroom Sauce Whole Wheat Bread Smashed Mixed Potatoes and Cauliflower Steamed Spinach Canned Pineapple Grape Juice</p>
<p>21</p> 	<p>22</p> <p>Butternut Squash Soup Baked Fish with Garlic Sauce Wild Rice Brussel Spouts Orange Pineapple Juice Sliced Canned Peaches</p>	<p>23</p> <p>Chicken in Mushroom Gravy Roasted Potatoes Whole Wheat Bread Sautéed Spinach Grapes</p>	<p>24</p> <p>Bigos (Hunters Stew) Egg Noodles Baby Carrots with Parsley Grape Juice Orange</p>	<p>25</p> <p>Turkey Burger Hamburger Bun Whole Wheat Home Fries with Peppers and Onion Garden Salad Canned Mandarin</p>
<p>28</p> <p>Chicken Meatballs With Carrot Sauce Whole Wheat Spaghetti Baby Spinach Salad Apple Juice Fruit Cocktail</p>	<p>29</p> <p>Birthday Party Ginger and Lime Salmon Brown Rice Brussel Sprouts Apple Juice Sliced Canned Peaches Cake Ice Cream</p>	<p>30</p> <p>A Nice Vegetable Soup Eggplant Parmesan Bowtie Pasta Garlic Bread Mixed Green Salad Orange</p>	<p>31</p> <p>Chicken Marsala Smashed Red Potatoes Whole Wheat Bread Steamed Kale Grape Juice</p>	<p>RSS Offers Alternate Lunch</p> <ul style="list-style-type: none"> • Tuna Salad • Eggs • Veggie Burger • Or Other Alternate <p>Call the Office To Place Your Order by 11:30 & Please do not change your order!</p>