

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 Manhattan Chowder Soup</b> 8 oz. Rotini 3 oz. beef Meatballs 2 oz. Tomato Sauce Garlic spinach 8 oz. Salad with lettuce, tomato, cucumbers ½ cup Grapes 1 whole wheat Roll 8 oz. 1% Milk	<b>2 Lentil Soup</b> 4 oz. Grilled Chicken 8 oz. Romaine Lettuce 2 wedges Tomato 4 oz. Rice/Quinoa mix 2 oz. Caesar dressing 1 whole wheat roll 4 oz. Honeydew 8 oz. 1% Milk
<b>5. Chicken Noodle Soup</b> 4 oz. beef Meatloaf 4 oz. Mashed Potato 2 oz. brown Gravy 1 Banana 1 whole wheat Roll 8 oz. 1% Milk	<b>6. White Bean Soup</b> 8 oz. Cheese Ravioli 4 oz. Chicken 4 oz. Caesar Salad 4 oz. Baked Apple 1 whole wheat Roll 8 oz. 1% Milk	<b>7. Black Bean Soup</b> 4 oz. Chicken Marsala with mushrooms 4 oz. Pasta 8 oz. carrots, , cucumbers, tomato 1 oz. balsamic Vinaigrette 4 oz. Grapes 1 whole wheat roll 8 oz. 1% Milk	<b>8. Beef Noodle Soup</b> 3-4 beef Meatballs Marinara Sauce (4 oz.) 1 whole wheat Roll 1 slice Provolone Cheese ½ cup Tossed Salad with Red Wine vinaigrette ½ cup canned Pineapple 8 oz. 1% Milk	<b>9. Chicken Rice Soup</b> 4 oz. fried Flounder 4 oz. sweet Potato 4 oz. Coleslaw 1 whole wheat Roll 4 oz. mixed Fruit Cocktail 8 oz. 1% Milk
<b>12. Vegetable Soup</b> 4 o. slice Ham/Pineapple 4 oz. mashed Sweet Potato Asian Slaw (4 oz.) Fresh Pears (4 oz.) 1 whole wheat Roll 8 oz. 1% Milk	<b>13. Lentil Dahl Soup</b> 4 oz. stuffed White Fish ½ cup fresh Green Beans 4 oz. brown Rice 1 whole wheat Roll 8 oz. 1% Milk	<b>14. Manhattan Chowder Soup</b> 8 oz. Rotini 3 oz. beef Meatballs 2 oz. Tomato Sauce Garlic spinach 8 oz. Salad with lettuce, tomato, cucumbers Grapes (4 oz.) 1 whole wheat Roll 8 oz. 1% Milk	<b>15. Cream of Cauliflower and Potato Soup</b> 8 oz. Vegetable Lasagna w/Cheese 1 slice Italian Bread 1 cup Caser salad w/Romaine lettuce 1 banana 1 whole wheat Roll 8 oz. 1% Milk	<b>15. Minestrone Soup</b> 4 oz. Chicken 1 slice Provolone cheese 2 oz. peppers and onions Marinara Sauce (4 oz.) 1 whole wheat roll Cauliflower (4 oz.) Melon (4 oz.) 8 oz. 1% Milk
<b>19. Bean Soup</b> 4 oz. Swedish beef Meatballs 4 oz. wide Egg Noodles 2 oz. brown Gravy 4 oz. Zucchini 4 oz. Melon 1 whole wheat roll 8 oz. 1% Milk	<b>20. Lentil Dahl Soup</b> 4 oz. Salisbury Steak 4 oz. brown Basmati Rice 4 oz. Alu Gobi (cauliflower) 1 Chapati 4 oz. mixed fresh fruit 8 oz. 1% Milk	<b>21. Split Pea Soup</b> 4 oz. baked Fish 4 oz. rice/quinoa mix 4 oz. Green Beans 1 whole wheat Roll 4 oz. Grapes 8 oz. 1% Milk	<b>22. Chicken Noodle Soup</b> Cobb Salad 2 hard cooked Eggs 8 oz. Lettuce 3 Tomato wedges, avocado 2 oz. Ranch dressing 4 oz. Corn 1 whole wheat Roll 4 oz. canned Peaches 8 oz. 1% Milk	<b>23. Beef Vegetable Soup</b> 4 oz. beef Burger 1 oz. shredded lettuce, tomato and onion 1 oz. Cheese 4 oz. sweet potato Fries 4 oz. Coleslaw 4 oz. baked Apple with cinnamon 1 whole wheat roll 8 oz. 1% Milk
<b>26. Beef Vegetable Soup</b> 4 oz. Crispy Baked Chicken 4 oz. Roasted Brussel Sprouts 4 oz. Macaroni and Cheese 4 oz. canned Pineapple 1 whole wheat Roll 8 oz. 1% Milk	<b>27. Manhattan Chowder Soup</b> 8 oz. Rotini 3 oz. beef Meatballs 2 oz. Tomato Sauce Garlic spinach 8 oz. Salad with lettuce, tomato, cucumbers Grapes 4 oz. 1 whole wheat roll 8 oz. 1% Milk	<b>28. Cream of Carrot Soup</b> 4 oz. Turkey Burger Lettuce, tomato, onion, herb mayo 1 whole wheat Roll 4 oz. Cole Slaw 4 oz. Parsley pesto barley 4 oz. canned Fruit Cocktail 8 oz. 1% Milk	<b>29. Lentil Soup</b> 4 oz. Grilled Chicken 8 oz. Romaine Lettuce 2 wedges Tomato 4 oz. Rice/Quinoa mix 2 oz. Caesar dressing 1 whole wheat roll 4 oz. Honeydew 8 oz. 1% Milk	<b>30. Chicken Noodle Soup</b> 4 oz. beef Meatloaf 4 oz. Mashed Potato 2 oz. brown Gravy 1 Banana 1 whole wheat Roll 8 oz. 1% Milk