Alternate Meal	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
This meal is only available to congregate participants Tuna Sandwich					**1** Mushroom Swiss Burger Oven Brown Potatoes Lettuce/Onion/Tomato/Pickle/Condiments Fruit Milk	55 19 5 13 12	**2** Lemon Pepper Cod Three Bean Salad Tartar Sauce Au gratin Potatoes Wheat Roll Jello/fruit Milk	0 26 5 25 28 6 12	**3** Enchilada Casserole Squash Tomato/Lettuce/Onions Salsa Spanish Rice Fruit Cobbler Milk	32 16 4 2 24 19 12
Cobb Salad	**6** Chicken Chow Mein Mixed Veggies Tossed Salad Wheat Roll Rice Fruit Milk	21 12 4 28 22 19 12	**7** Meatloaf Mashed potato/gravy Mixed Veggies Wheat Roll Fruit Pudding Milk	3 21 12 20 28 23 12	**8** Pork Loin Mashed Potato/gravy Tossed Salad Fruit Wheat Roll Milk	1 24 4 25 28 12	**9** Baked Chicken Green Pea Salad Cauliflower Brown Rice Wheat Roll Jello/Fruit Milk	<1 17 3 21 28 18 12	**10** Stuffed Baked Potato (turkey ham, cheese sauce) Broccoli Mandarin Oranges Three Bean Salad Wheat Roll Milk	37 4 12 18 28 12
Turkey Cheddar Sandwich	**13** Chef Salad Peaches Pickled Beets Wheat Roll Milk	7 19 13 28 12	**14** Country Fried STK Mash Potatoes/gravy Carrots Wheat Roll Mandarin Orange Delight Milk	24 21 7 28 4 12	**15** Roast Beef Sand Coleslaw Lettuce/Tomat/Onion Peaches Milk Potato Wedges	38 7 3 19 12 12	**16** Chicken Salad Sandwich Tossed Salad Tomato/Lettuce/Pickle Potato Dill Salad Apple Crisp Milk	31 4 3 22 36 12	**17** Beef Goulash Tossed Salad Carrots Wheat Roll Fruit Milk	25 4 7 28 35 12
Pulled Pork Wrap	**20** Chicken Fajitas Black beans, Spanish Rice Lettuce/Salsa/S. Cream Fruit Milk	31 22 23 3 13 12	**21** Tuna Salad Sandwich Tossed Salad TomatoLlettuce/pickle Three bean Salad Apple Crisp Milk	29 4 3 18 36 12	**22** Sweet & Sour meatballs Brown Rice Tossed Salad Broccoli Wheat Roll Jello Milk	4 42 4 4 28 5 12	**23** Baked Chicken Carrots Oven Brown Potatoes Wheat Bread Pineapple cake Milk	<1 7 5 24 51 12	**24** French Dip Sandwich Broth Oven Brown Potatoes Mixed Veggies Peach Crisp Milk	36 <1 20 12 34 12
Chef Salad	**27** Roast Pork Mashed Potato/Gravy Carrots Fruit Wheat Roll Iced Cake Milk	1 21 7 13 28 50 12	**28** Chicken Cordon Bl Rice Pilaf Green Pea Salad Spinach Wheat Roll Fruit Milk	31 23 17 5 28 20 12	**29** Taco Salad Black Beans Spanish Rice Sour Cream/Salsa Fruit Milk	31 22 23 3 13 12	**30** Chicken Caesar Salad Beet&Onion Salad Wheat Roll Peaches Milk	40 17 28 19 12	**31** Spaghetti/Meat Sauce Green beans Tossed Salad Garlic Roll Fruit Cobbler Milk	24 7 4 40 19 12