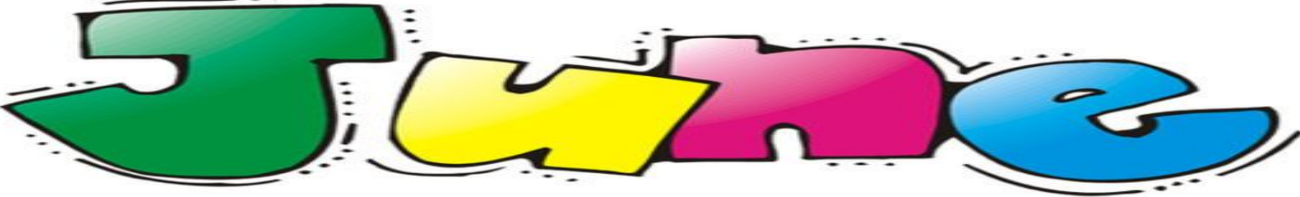



Alternate Meal	MONDAY	Carbs	TUESDAY	Carbs	WEDNESDAY	Carbs	THURSDAY	Carbs	FRIDAY	Carbs
<i>This meal is only available to congregate participants</i> <b>Chef Salad</b>									<b>1</b> Chicken Salad Sandwich Tossed Salad Tomato/Lettuce/Pickle Carrot Raisin Slaw Apple Crisp Milk	31 4 2 19 36 12
<b>Tuna in Tomato</b>	<b>4</b> Taco Salad Black Beans Spanish Rice Sour Cream/Salsa Fruit Milk	31 22 24 3 13 12	<b>5</b> Baked Chicken Mashed Potatoes/Gravy Carrots Wheat Roll Pineapple Cake Milk	<1 21 7 28 51 12	<b>6</b> French Dip Sandwich Oven Brown Potatoes Broccoli Raisin Salad Peaches Milk	37 20 10 19 12	<b>7</b> Meat Lasagna Green Beans Tossed Salad Garlic Roll Brownie Milk	46 7 4 40 32 12	<b>8</b> Chicken Tenders Mashed Potatoes/Gravy Mixed Veggies Fruit Wheat Roll Pudding Milk	13 23 12 20 28 24 12
<b>Turkey Cheddar Sandwich</b>	<b>11</b> Italian Sausage/Bun Cabbage Garlic Fried Potatoes Mustard Peaches Milk	24 6 19 <1 19 12	<b>12</b> Egg Salad Sandwich Tossed Salad Beet/Onion Salad Jello/fruit Tomato Milk	32 4 17 6 2 12	<b>13</b> Frito Pie Tossed Salad Carrots Fruit Spanish Rice Salsa/Sour cream Milk	30 4 7 20 23 3 12	<b>14</b> Tuna Salad Sandwich Tomato/Lettuce Mixed Fruit Broccoli Salad Cookie  Milk	29 3 12 15 20 12	<b>15</b> BBQ Pulled Pork sandwich Boston Baked beans Broccoli Fiesta Coleslaw Jello w/fruit Milk	27 26 4 10 10 12
<b>Pulled Pork Wrap</b>	<b>18</b> Greek Chicken Brown Rice Pilaf Zucchini Cuke Onion Salad Pineapple Wheat Roll Milk	<1 23 3 6 17 28 12	<b>19</b> Mushroom Swiss Hamburger/Bun Oven Brown Potatoes Lettuce/Tomato/Onion/ Pickles Fruit Milk	33/ 23 20 3 1 13 12	<b>20</b> Spaghetti w/Meat Sauce Green Beans Tossed Salad Garlic Roll Cake Milk	24 7 4 40 46 12	<b>21</b> Enchilada Casserole Squash Tomato/Lettuce/ Onion Spanish Rice Apple Salsa Milk	32 16 3 23 14 2 12	<b>22</b> Chicken Chow Mein Rice Mixed Veggies Tossed Salad Wheat Roll Fruit Milk	21 22 12 4 28 19 12
<b>Cobb Salad</b>	<b>25</b> Meatloaf Mashed Potatoes/ Gravy Mixed Veggies Fruit Wheat Roll Pudding Milk	3 21 12 20 28 23 12	<b>26</b> <b>Center Closed for Staff Training</b>		<b>27</b> Lemon Pepper Cod Three Bean Salad Au Gratin Potatoes Wheat Roll Jello/Fruit Milk	0 26 25 28 6 12	<b>28</b> Baked Potato Turkey Ham, Cheese Sauce, Broccoli Mandarin Oranges Three Bean Salad Wheat Roll Milk	30 12 12 18 28 12	<b>29</b> Chef Salad Peaches Pickled Beets Wheat Roll Milk	7 19 13 28 12