



Sample November – April Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Roasted Turkey Mashed Potatoes Carrots Fruit	Beef Tacos Spanish Rice Corn Fruit	Pork Tenderloin Wild Rice Pilaf Green Beans Fruit	Spaghetti Meatballs & Sauce Garlic Bread Vegetable Medley Fruit	Breaded Chicken Breast Mashed Potatoes Broccoli Fruit
Week 2	Swedish Meatballs Egg Noodles Vegetable Medley Fruit	Meatloaf Roasted Potatoes Green Beans Fruit	Beef Stroganoff Egg Noodles Carrots Fruit	Hot Beef Sandwich Mashed Potatoes Zucchini Blend Fruit	BBQ Chicken Macaroni & Cheese Broccoli & Cauliflower Fruit
Week 3	Cheese Ravioli Meat Sauce Garlic Bread Dill Carrots Fruit	Tuna Noodle Casserole Vegetable Medley Fruit	Pot Roast Mashed Potatoes Green Beans Fruit	Manicotti & Marinara Garlic Bread Broccoli Fruit	Chicken & Dumplings Vegetable Medley Fruit
Week 4	Lasagna Garlic Bread Vegetable Medley Fruit	Stuffed Peppers Dinner Rolls Broccoli & Cauliflower Fruit	Salisbury Steak Mashed Potatoes Green Beans Fruit	Turkey Garden Salad Crackers Carrot/Apple Soup Fruit	BBQ Chicken Mashed Sweet Potatoes Carrots Fruit

MILK AND WATER BOTH OFFERED WITH LUNCH DAILY