|  | TH50] |  |  | Fid] ${ }_{\text {IT }}$ |
| :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |
| Beef Steak \& Onion <br> Gravy <br> Brown Rice <br> Carrots <br> Italian Mixed Vegetables <br> WGR Dinner Roll <br> Fresh Fruit | Chicken Chow Mein <br> Brown Rice <br> Corn <br> Carrots <br> WGR Dinner Roll <br> Fresh Fruit | Teriyaki Meatballs <br> Brown Rice <br> Green Beans <br> Cauliflower <br> Mushrooms <br> WGR Dinner Roll <br> Fresh Fruit | Chicken Noodle Casserole <br> Mixed Vegetables <br> Broccoli <br> WGR Dinner Roll <br> Fresh Fruit | Teriyaki Chicken <br> Brown Rice <br> Peas <br> Creamed Corn <br> WGR Dinner Roll <br> Fresh Fruit |
| 8 | 9 | 10 | 11 | 12 |
| Chicken Breast Strips <br> Fajita Vegetables <br> Broccoli <br> Sweet Potato <br> WGR Dinner Roll <br> Fresh Fruit | Chicken Fettuccine <br> Alfredo Sauce <br> Peas <br> Carrots <br> WGR Dinner Roll <br> Fresh Fruit | Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll Fresh Fruit | Swiss Steak <br> Gravy <br> Sweet Potato <br> Green Beans <br> WGR Dinner Roll <br> Fresh Fruit | Chicken Noodle Casserole <br> Mixed Vegetables <br> Broccoli <br> WGR Dinner Roll <br> Fresh Fruit |
| 15 | 16 | 17 | 18 | 19 |
| Beef Steak \& Onion <br> Gravy <br> Brown Rice <br> Carrots <br> Italian Mixed Vegetables <br> WGR Dinner Roll <br> Fresh Fruit | Beef Stroganoff Carrots Lima Beans WGR Dinner Roll Fresh Fruit | Teriyaki Chicken Brown Rice Peas Creamed Corn WGR Dinner Roll Fresh Fruit | Chicken Fettuccine <br> Alfredo Sauce <br> Peas <br> Carrots <br> WGR Dinner Roll <br> Fresh Fruit | Beef Burgundy <br> Mashed Potatoes <br> Carrots <br> WGR Dinner Roll <br> Fresh Fruit |
| 22 | 23 | 24 | 25 | 26 |
| Swiss Steak <br> Gravy <br> Sweet Potato <br> Green Beans <br> WGR Dinner Roll <br> Fresh Fruit | Beef Steak \& Onion <br> Gravy <br> Brown Rice <br> Carrots <br> Italian Mixed Vegetables <br> WGR Dinner Roll <br> Fresh Fruit | Teriyaki Chicken Brown Rice Peas Creamed Corn WGR Dinner Roll Fresh Fruit | Sweet \& Sour Chicken <br> Brown Rice <br> Asian Blend Vegetables <br> Peas <br> WGR Dinner Roll <br> Fresh Fruit | Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll Fresh Fruit |
| 29 | 30 |  |  |  |
| Beef Stroganoff Gravy Carrots Lima Beans WGR Dinner Roll Fresh Fruit | Chicken Chow Mein <br> Brown Rice <br> Corn <br> Carrots <br> WGR Dinner Roll <br> Fresh Fruit |  |  | This organization is an equal opportunity provider. |
| Each entrée includes a minimum of tuo (2] oz. meat/meat alternative: $1 / 2$ cup of fruits, $1 / 2$ cup of uegetables (fresh and/or canned); tuo [2] oz. of uhole grain rich bread/pasta/rice. Eight ( 8 ) or. of 1\% milk (Oor enriched soy milk that meets USDA nutrition standard for milk subssitute) is served with each meal. This menu, as uritten, is suitable for regular, sodium-restricted and consistent carbohydrate (diabetic) diets. |  |  | Dios <br>  |  |

