

Monday	Tuesday	Wednesday	Thursday	Friday
1 Vegetarian Chili, Corn Bread, Apple, & Milk	2 Beef Taco w/ Wheat Tortilla, Shredded Cheese, Corn, Honeydew, Milk	3 Chicken Parmesan Sandwich, Wheat Bun, Broccoli, Sliced Cheddar, Kiwi, Milk	4 Pesto Pasta Primavera, Grated Cheese, Zucchini w/ Tomatoes, Watermelon, Milk	5 Turkey, Sliced Cheese, Mayo, Mustard, Wheat Hoagie, Zucchini, Plum, Milk
8 Beef Stroganoff, Wheat Rotini Pasta, Peas & Carrots, Apple, Milk	9 Swedish Meatballs, Mashed Potatoes, Wheat Breadstick, Carrots, Cantaloupe, Milk	10 Chicken Stir-Fry w' Asian Blend Veggies, Brown Rice, Kiwi, Milk	11 Crispy Fish Wrap w/ Coleslaw, Wheat Tortilla, Watermelon, Milk	12 Tuna Salad, Wheat Bun, Sliced Cucumbers, Orange, Milk
15 Red Beans & Rice, Beets, Kiwi, Milk	16 Cheese Pita Pizza Kit, Peas, Pineapple, Milk	17 Beef Bolognese, Whole Grain Penne Pasta, Green Beans & Tomatoes, Orange, Milk	18 Chicken Enchilada, Wheat Tortilla, Corn, Shredded Cheese, Watermelon, Milk	19 Turkey Pasta Salad, Mixed Veggies, Pear Cup, Milk
22 Chicken Curry, Chickpeas, Brown Rice, Carrots, Orange, Milk	23 Hawaiian Burger, Wheat Bun, Carrots, Pineapple, Milk	24 Teriyaki Fish, Brown Rice, Coleslaw, Kiwi, Milk	25 Chicken Alfredo, Penne Pasta, Green Beans & Tomatoes, Cantaloupe, Milk	26 Curried Chicken Salad, Wheat Hoagie, Mixed Salad with Italian Dressing, Pear, Milk
29 Beef Stew with Mixed Veggies, Wheat Breadstick, Orange, Milk	30 Grated Cheese, Whole Wheat Penne, Marinara, Honeydew, Broccoli, Milk			

Lunes	Martes	Miércoles	Jueves	Viernes
1 Chili vegetariano, pan de maíz, manzana y leche	2 Taco de res con tortilla de trigo, queso rallado, maíz, melón verde, leche	3 Sándwich de pollo al parmesano, pan integral, brócoli, queso cheddar rallado, kiwi, leche	4 Pasta primavera al pesto, queso rallado, calabacín con tomates, sandía, leche	5 Pavo, queso en lonchas, mayonesa, mostaza, pan de trigo tipo hoagie, calabacín, ciruela, leche
8 Stroganoff de res, pasta rotini de trigo, chícharos y zanahorias, manzana, leche	9 Albóndigas suecas, puré de papa, panecillos de trigo, zanahorias, melón, leche	10 Pollo salteado con mezcla de verduras asiáticas, arroz integral, kiwi y leche	11 Wrap de pescado empanado con ensalada de col, tortilla de trigo, sandía y leche	12 Ensalada de atún, panecillo de trigo, rodajas de pepino, naranja, leche
15 Frijoles rojos con arroz, remolacha, kiwi, leche	16 Kit de pizza de pita con queso, chícharos, piña y leche	17 Salsa boloñesa de res, pasta penne integral, judías verdes y tomates, naranja, leche	18 Enchilada de pollo, tortilla de trigo, elote, queso rallado, sandía, leche	19 Ensalada de pasta con pavo, mezcla de verduras, vasito de pera, leche
22 Pollo al curry, garbanzos, arroz integral, zanahorias, naranja, leche	23 Hamburguesa hawaiana, pan de trigo, zanahorias, piña, leche	24 Pescado teriyaki, arroz integral, ensalada de col, kiwi, leche	25 Pollo Alfredo, pasta penne, judías verdes y tomates, melón, leche	26 Ensalada de pollo al curry, hoagie de trigo, ensalada mixta con aderezo italiano, pera, leche
29 Guiso de res con verduras mixtas, panecillo de trigo, naranja, leche	30 Queso rallado, penne integral, salsa marinara, melón verde, brócoli, leche			