

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

Lunes	Martes	Miércoles	Jueves	Viernes
1 Chili vegetariano, pan de maíz, manzana y leche	2 Kit de pizza de pita con queso, chícharos, piña y 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 Taco de res con tortilla de trigo, queso rallado, maíz, melón verde, leche	10 Pollo salteado con mezcla de verduras asiáticas, arroz integral, kiwi y leche	11 Pollo Alfredo con pasta penne, judías verdes y tomates, sandía, leche	12 Ensalada de atún, panecillo de trigo, rodajas de pepino, naranja, leche
15 Frijoles rojos con arroz, remolacha, kiwi, leche	16 Albóndigas suecas, puré de papas, pan de trigo, zanahorias, melón, 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 pollo al curry, pan de trigo, rodajas de pepino, pera, leche
22 Pollo al curry, garbanzos, arroz integral, zanahorias, naranja, leche	23 Hamburguesa hawaiana, pan de trigo, ensalada mixta, piña, leche	24 Queso rallado, penne integral, salsa marinara, melón verde, brócoli, leche	25 Wrap de pescado con ensalada de col, tortilla de trigo, kiwi, leche	26 Ensalada de pasta con pavo, verduras mixtas, pera, leche
29 Guiso de res con verduras mixtas, panecillo de trigo, naranja, leche	30 Pescado teriyaki, arroz integral, ensalada de col, kiwi, leche			