

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Beef and Sweet Peppers Steamed Brown Rice Cauliflower and Carrots Wheat Roll with Butter Fruit Cocktail Skim Milk	1			Pork Fried Rice Stir Fry Vegetables Tossed Vegetable Salad Wheat Roll with Butter Pear Oatmeal Raisin Cookie Skim Milk	3			Eggplant Parmesan Buttered Cauliflower Seasoned Spinach Tossed Vegetable Salad Sourdough Bread with Butter Banana Skim Milk	5
Chicken Ceasar Salad Wheat Bread with Butter Orange Walnuts Skim Milk	8			Teriyaki Beef Steamed Brown Rice Asian Blend Vegetables Egg Drop Soup Wheat Bread with Butter Pear Almond Cookie * Skim Milk	10			BBQ Pork Ribs Baked Beans Tossed Vegetable Salad Wheat Roll with Butter Melon Cup Ambrosia Skim Milk	12
Chicken and Vegetable Stir Fry Steamed Brown Rice Mini Chicken Egg Roll Ginger Orange Carrots Wheat Bread with Butter Mandarin Oranges Fortune Cookie * Skim Milk	15			Meatloaf with Brown Gravy Green Peas with Onions Creamy Coleslaw Wheat Roll with Butter Tropical Fruit Oatmeal Raisin Cookie Skim Milk	17			Honey BBQ Chicken Baked Sweet Potato Classic Vegetables Tossed Vegetable Salad Wheat Roll with Butter Fruit Cocktail Skim Milk	19
Cobb Salad Wheat Crackers Cornbread with Butter Cottage Cheese Orange Apple Crisp Skim Milk	22			Beef and Broccoli Stir Fry Egg Drop Soup Brown Fried Rice Steamed Carrots with Snap Peas Apple Fortune Cookie Skim Milk	24			Marinated Chicken Salad with Shredded Mozzarella Cheese Wheat Roll with Butter Orange Walnuts Skim Milk	26
Memorial Day Closed				Beef Soft Taco Spanish Rice Pinto Beans Zucchini and Tomatoes Tropical Fruit Skim Milk	31				

MONDAY		WEDNESDAY		FRIDAY	
Calories	752	Calories	688	Calories	656
Fat	27g	Fat	17g	Fat	23g
Saturated Fat	11g	Saturated Fat	5.5g	Saturated Fat	8g
Protein	46.5g	Protein	26g	Protein	28g
Carbohydrates	82g	Carbohydrates	112g	Carbohydrates	89g
Fiber	10g	Fiber	12.5g	Fiber	13.5g
Sodium	760mg	Sodium	858mg	Sodium	978mg
Calories	751	Calories	929	Calories	949
Fat	34.5g	Fat	28g	Fat	22g
Saturated Fat	11g	Saturated Fat	10.5g	Saturated Fat	9g
Protein	50g	Protein	54g	Protein	72g
Carbohydrates	65g	Carbohydrates	118g	Carbohydrates	119g
Fiber	10.5g	Fiber	12.3g	Fiber	16.5g
Sodium	598mg	Sodium	934mg	Sodium	863mg
Calories	847	Calories	990	Calories	729
Fat	21.5g	Fat	40g	Fat	17g
Saturated Fat	6.5g	Saturated Fat	13.5g	Saturated Fat	6g
Protein	47g	Protein	52g	Protein	34g
Carbohydrates	119g	Carbohydrates	110g	Carbohydrates	117g
Fiber	10.5g	Fiber	13g	Fiber	11.5g
Sodium	1074mg	Sodium	732mg	Sodium	686mg
Calories	1007	Calories	791	Calories	747
Fat	31g	Fat	30g	Fat	35g
Saturated Fat	11g	Saturated Fat	8.5g	Saturated Fat	8g
Protein	59g	Protein	46g	Protein	57g
Carbohydrates	124g	Carbohydrates	86g	Carbohydrates	56g
Fiber	11.6g	Fiber	10g	Fiber	10g
Sodium	957mg	Sodium	879mg	Sodium	639mg
Memorial Day Closed		Calories	762	Calories	
		Fat	16g	Fat	
		Saturated Fat	6g	Saturated Fat	
		Protein	38g	Protein	
		Carbohydrates	118g	Carbohydrates	
		Fiber	14.5g	Fiber	
		Sodium	925mg	Sodium	