

Menu subject to change based on product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Carbonara w/Diced Ham  Penne Pasta Italian Vegetables Garlic Bread Juice, Yogurt, Milk	3 Herb Baked Chicken Parmesan Spinach Orzo Roasted Zucchini Cake Milk	4 Beef Stroganoff Egg Noodles Buttered Peas Roll, Tropical Fruit  Milk	5 Greek chicken Salad (Lettuce, Cucumber, Tomato, Onion, Kalamata Olives, Feta Cheese) Roll, Mandarin Orange Milk	6 Tuna Salad Sandwich Lettuce & Tomato Mediterranean Salad Baked Chips, Pineapple Milk
9 Vegetable Lasagna Edamame Roll Juice, Yogurt, Milk	10 Chicken Caesar Salad  (Lettuce, Hard Boiled Egg, Croutons, Parmesan, Saltine Crackers) Pineapple Milk	11 Salmon w/Balsamic Sauce Rice Pilaf Roasted Brussels Sprouts Roll, Diced Pear Milk	12 Teriyaki Chicken  Jasmine Brown Rice Asian Vegetables Hawaiian Roll, Apple Milk	13 Pork Chili Verde Potatoes & Onions Cilantro Lime Rice Rancho fiesta Mix, Roll Mandarin Orange, Milk
16 Beef Enchiladas w/Red Sauce Aztec Rice Chuckwagon Corn Juice, Yogurt, Milk	17 BBQ Chicken Mashed Potato Garden Vegetables Roll, Cake  Milk	18 Beef Stew Potatoes & Carrots Tri Color Cauliflower Roll, Peaches Milk	19 Roasted Turkey w/Gravy Mashed Potatoes Green beans Roll, Mandarin Oranges Milk	20 Pollo A La Firenze Bowtie Pasta Roasted Zucchini Roll, Banana Milk
23 Chicken Salad Sandwich Lettuce & Tomato Beet & Garbanzo Salad Juice, Yogurt, Milk	24 Salisbury Steak w/Gravy Mashed Potatoes Brussels Sprouts w/Fajita Veggies, Roll Peaches, Milk	25 Sweet & Sour Chicken Fried Brown Rice Sautéed Bok Choy Hawaiian Roll, Pineapple Milk	26 Spaghetti w/Meatballs & Marinara Sauce Italian Blend Vegetables Garlic Bread, Banana Milk	27 Butter Chicken  White Rice  Steamed Spinach Naan, Mandarin Orange Milk
30 Roasted Turkey Sandwich Beet & Garbanzo Salad Baked Chips Juice, Yogurt, Milk	31 <u>CENTER CLOSED</u> 	 =High Sodium Day		

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LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
2 Carbonara c/Jamon En Dados  Pasta Penne Verdura Italiana Pan De Ajo Jugo, Yogur, Leche	3 Pollo Al Horno c/Hierbas Orzo c/Espinacas Y Parmesano Calabacin Asado Panecillo, Pastel Leche	4 Ternera Stroganoff Fideos De Huevo Guisantes c/Mantequilla Panecillo, Fruta Tropical  Leche	5 Ensalada De Pollo Griega (Lechuga, Pepino, Tomate, Cebolla, Aceitunas Kalamata, Queso Feta) Panecillo Mandarinas, Leche	6 Sandwich De Ensalada De Atun Lechuga Y Tomate Ensalada Mediterranea Patatas Fritas Al Horno Pina, Leche
9 Lasana De Verduras Edamame Panecillo Jugo, Yogur, Leche	10  Ensalada Cesar De Pollo (Lechuga, Huevo Duro, Picatostes, Parnesano, Galletas Saladas) Pina Leche	11 Salmon c/Salsa Balsamica Arroz Pilaf Coles De Bruselas Asadas Panecillo, Peras Leche	12 Pollo Teriyaki Arroz Integral De Jazmin Verdura Asiatica  Panecillo Hawaiano Manzana, Leche	13 Chile Verde De Cerdo Patata Y Cebolla, Panecillo Mezcla De Fiesta Rancho Arroz c/Cilantro Y Lima Mandarinas, Leche
16 Enchiladas De Ternera c/Salsa Roja Arroz Azteco Elote Chuckwagon Jugo, Yogur, Leche	17 Pollo BBQ Pure De Papa Verduras De Jardin  Panecillo, Pastel Leche	18 Estofado De Ternera Patatas Y Zanahorias Coliflor Tricolor Panecillo, Durazanos Leche	19 Pavo Asado c/Salsa Pure De Papa Judias Verdes Panecillo, Mandarinas Leche	20 Pollo Al La Firenze Pasta De Corbata De Mono Calabacin Asado Panecillo, Platano Leche
23 Sandwich De Ensalada De Pollo Lechuga Y Tomate Ensalada De Remolacha Y Garbanzos Jugo, Yogur, Leche	24 Filete Salisbury c/Salsa Pure De Papa Coles De Bruselas c/Verdua Fajitas, Panecillo Duraznos, Leche	25 Pollo Agridulce Arroz Integral Frito Bok Choy Salteado Rollo Hawaiano, Pina Leche	26 Espaguetis c/Albondigas Y Salsa Marinara Verdura Italiana Pan De Ajo, Platano Leche	27  Pollo A La Mantequilla Arroz Blanco  Espinacas Al Vapor Naan, Mandarinas Leche
30 Sandwich De Pavo Asado Ensalada De Remolacha Y Garbanzos, Patatas Fritas Al Horno Jugo, Yogur, Leche	31 CENTRO CERRADO 	 =Dia De Alto Sodio		