

Menu subject to change based on product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Philly Cheese Steak Sandwich Baked Potato Wedges Side Salad Juice, Yogurt, Milk	4 Chicken Parmesan Farfalle Pasta Italian Vegetables Roll, Mandarin Oranges Milk	5 Chili w/Beef & Beans Tricolor Cauliflower Cornbread Fruit Cocktail Milk	6 Red Snapper w/Creamy Piccata Corn, Tomato Hash Parmesan Asparagus Roll, Orange Milk	7 Swedish Meatballs Egg Noodles Winter Blend Veggies Roll, Cake Milk
10 Chicken Salad Sandwich Beet & Garbanzo Salad Baked Potato Chips Juice, Yogurt, Milk	11 Pork Loin w/Gravy Mashed Potatoes Corn Roll, Orange Milk	12 Steak Salad (Lettuce, Greens, Corn, Tomato, Red Onion, Queso Fresco, Pepitas) Roll Applesauce, Milk	13 Chicken Alfredo Farfalle Pasta San Francisco Blend Roll, Diced Peaches Milk	14 Catfish Po'boy Slaw Mix w/Tomato French Fries Mandarin Oranges Milk
17 Crab Cakes Potatoes O'Brien Roll Juice, yogurt, Milk	18 Shepard's Pie Mashed Potato Lima Beans Roll, Orange Milk	19 Salmon w/Balsamic Sauce Rice Pilaf Roasted Brussels Sprouts Roll, Mixed Tropical Fruit Milk	20 Chicken Florentine Farfalle Pasta Key Largo Vegetables Roll, Cake Milk	21 Pollo A La Firenze Bowtie Pasta Roasted Zucchini Roll, Banana Milk
24 Tilapia w/Pineapple Salsa Rice Pilaf Carrots Roll Juice, Yogurt, Milk	25 Lobster Ravioli w/Parma Rosa Sauce, Peas Garlic Bread Mandarin Oranges Milk	26 Roasted Turkey w/Gravy Sweet Potato Medley Cornbread Stuffing Tropical Fruit Milk	27 Meat Loaf Redskins & Vegetables Chuckwagon Corn Roll, Orange Milk	28 Oven Fried Chicken w/Country Gravy, Mashed Potatoes Broccoli Roll, Peaches Milk
31 Easy Carbonara w/Diced Ham Penne Pasta Italian Vegetables Roll Juice, Yogurt, Milk	 =High Sodium Day			

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LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
3 Sandwich Philly Cheese Steak Gajos De Papa Al Horno Ensalada De Acompañamiento Jugo, Yogur, Leche	4 Pollo Al La Parmesana Pasta Farfalle Verdura Italiana Panecillo, Mandarinas Leche	5 Chili c/Carne Y Frijoles Coliflor Tricolor Pan De Maiz Coctel De Frutas Leche	6 Pargo Rojo c/Salsa Piccata Cremosa, Salteado De Maiz Y Tomate, Espárragos Al Parmesano, Panecillo Naranja, Leche	7 Albondigas Suecas Fideos De Huevo Mezcla De Verdura De Invierno Panecillo, Pastel Leche
10 Sandwich De Ensalada De Pollo Ensalada De Remolacha Y Garbanzos, Patatas Horneadas Jugo, Yogur, Leche	11 Lomo De Cerdo c/Salsa Puree De Papa Elote Panecillo, Naranja Leche	12 Ensalada De Bistec (Lechuga, Hojas Verdes, Elote, Tomate, Cebolla, Queso Fresco, Pepitas) Panecillo Pure De Manzana, Leche	13 Pollo Alfredo Pasta Farfalle Verdura San Francisco Panecillo, Durazno Leche	14 Sandwich Po'boy De Bagre Mezcla De Ensalada De Col c/Tomate, Papas Fritas Mandarinas Leche
17 Tortitas De Cangrejo Patatas O'Brien Brocoli Panecillo Jugo, Yogur, Leche	18 Pastel De Carne Pure De Papa Habas Panecillo, Naranja Leche	19 Salmon c/Salsa Balsamica Arroz Pilaf Coles De Bruselas Asadas Panecillo, Mezcla De Frutas Tropicales, Leche	20 Pollo Al La Florentina Pasta Farfalle Verdura Key Largo Panecillo, Pastel Leche	21 Pollo A La Firenze Pasta De Lazo Calabacin Asado Panecillo, Platano Leche
24 Tilapia c/Salsa De Pina Arroz Pilaf Zanahorias Panecillo Jugo, Yogur, Leche	25 Raviolis De Langosta c/Salsa Parma Rosa, Guisantes Pan De Ajo Mandarinas Leche	26 Pavo Asado c/Salsa Mezcla De Batatas Relleno De Pan De Maiz Fruta Tropical Leche	27 Pastel De Carne Papas Rojas Y Verduras Elote Chuckwagon Panecillo, Naranja Leche	28 Pollo Al Horno c/Salsa Campestre Pure De Papa, Brocoli Panecillo, Durazno Leche
31 Carbonara Facil c/Jamon Pasta Penne Verdura Italiana Panecillo Jugo, Yogur, Leche	 =Dia De Alto Sodio			