


Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Contribution: \$5/meal. Please pay as much as you can afford. We rely on donations to keep the program going.		1 Chicken Stroganoff Whole Grain Dinner Roll Egg Noodles Peas Pickled Beets Orange	2 Tacos Shredded Lettuce & Diced Tomatoes Refried Beans Cinnamon Apples Yellow Cake	3 Cream of Broccoli Soup Egg Salad Sandwich Lettuce & Tomato Hummus w/ Carrots String Cheese
		8 Bratwurst on a Bun Hot German Potato Salad Mixed Vegetables Garden Salad Poke Cake	9 Meatballs w/ Tomato Sauce Garlic Herb Breadstick Whole Wheat Pasta Broccoli & Cauliflower Cucumber Tomato Salad Chocolate Chip Cookies	10 Ranch Crusted Chicken Sandwich Lettuce & Tomato Home Fries Baked Beans Fruited Gelatin
		15 BBQ Chicken Breast Whole Wheat Bread Au Gratin Potatoes Peas Cinnamon Applesauce	16 Vegetable Soup Chicken Apple Walnut Salad on a Croissant Broccoli Vinaigrette Tropical Fruit Yogurt	17 Country Meatloaf w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Peaches & Strawberries Fudge Brownie
		22 Chicken Alfredo Whole Grain Dinner Roll Carrots Mixed Fruit Oatmeal Raisin Cookie	23 Chef's Salad Apple Cinnamon Muffin w/ Apple Jelly Banana Pudding	27 Chicken Fajitas Cilantro Lime Brown Rice Mexican Coleslaw Mandarin Oranges
		29 Roast Beef w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Mixed Berries	30 Sweet & Sour Chicken Stir Fry Whole Grain Dinner Roll Vegetable Fried Rice Green Beans Pineapple & Mandarin Oranges Lemon Cookies	31 Glazed Ham Whole Wheat Bread Baked Beans Cucumber & Onion Salad Blueberry Pie

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

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