

Chicken/Turkey	Beef	Vegetarian	Asian Inspired	Latin Inspired	Fish/Seafood	Pork
Turkey Tetrazzini (W) Whole Wheat Egg Noodles (G) IQF Vegetable Medley 5-Way (W) Pumpkin Spice Bread	Beef Tips in Gravy (W) Whole Wheat Egg Noodles (O) IQF Peas and Carrots (O) Fruit Cup	Macaroni and Cheese (O) IQF Peas and Carrots (O) Fruit Cup	Pork and Cabbage Stir Fry (W) White Rice (O) Sautéed Zucchini (G) Chocolate Sea Salt Cookie	Cilantro Lime Chicken Breast (3.2 oz) Brown Spanish Rice (W) IQF Corn (O) Fruit Cup	Parmesan Crusted Fish (1 each) Barley Risotto (O) IQF Italian Vegetable Medley (G) Snickerdoodle Cookie	Herb Roasted Pork (4oz cooked) Mashed Potatoes (?) Broccoli IQF (?) Fruit Cup
Chicken Breast (3.2 oz) Alfredo Sauce (GRN) Whole Wheat Penne Pasta (O) IQF Peas (O) Almond Cherry Cookie	Beef Pot Roast (2 oz beef) Pot Roast Vegetables (G) Beef Gravy (B) Mashed Potatoes (W) Cinnamon Apples (G) IQF Vegetable Medley 5-Way (G)	Egg Bake (1 Slice) Breakfast Potato Hash (?) Warm Cinnamon Apples (G) Fruit Cocktail Cookie	Pork with Sour Bamboo (W) White Rice (O) Steamed Green Beans (G) Pudding Cup	Oatmeal Raisin Cookie Black Bean Enchilada Bake (1 Slice) Spanish Rice Corn (O) Chocolate Chip Cookie	Mahi Mahi Fish with Italian Seasoning (4 oz, 1 each) Spinach Cream Sauce (G) Whole Wheat Penne Pasta (W) Cinnamon Apples (G) IQF Italian Vegetable Medley (G) Chocolate Sea Salt Cookie	Baked Ham (4 oz) Mustard Apple sauce (B) Mashed Potatoes (G) IQF Broccoli (G) Cinnamon Coffee Cake
Chicken Penne Parma Rosa Sauce (W) Whole Wheat Penne Pasta (O) Parmesan Cheese (1 TBSP) IQF Vegetable Medley 5-Way (G) Cinnamon Pears (G) Date and Fig Cookie	Chili Mac Casserole (W-pasta, W-chili sauce, 2Tbsp cheddar cheese) Corn (O) Fruit Cup Beef Lasanga (1 Slice) IQF Broccoli (O) Chocolate Chip Cookie	Vegetarian Lasagna (1 Slice) IQF Peas (O) Chocolate White Chocolate Chip Cookie Vegetarian Shepherd's Pie (W) Mashed Potatoes (W) Vegetable Medley Blend 5-Way (G) Warm Cinnamon Apples (G)	Baked Chicken Thigh (4 oz) Sweet and Sour Sauce (G) Brown Fried Rice (W) IQF Edamame (G) Fruit Cup Double Chocolate Chip Cookie	Taco Beef (G) Salsa Verde (2 TBSP) Cilantro Lime Brown Rice (W) Corn Tortillas (2 Each) IQF Corn (G) Peaches	Ginger Soy Fish (4oz cooked) Brown Rice (O) Asian Vegetable Blend (W) Cinnamon Coffee Cake Muffin Tuna Casserole (G) Panko (0.5 TBSP)	Cheesy Broccoli and Ham Casserole (O) IQF Corn (O) Pineapple Chocolate White Chocolate Chip Cookie
English Muffin (1 Each) Egg Patty (1 Each) Cheddar Cheese (1 Slice) Potato Hash (G) Cinnamon Apples (G)	Beef Meatloaf (5 oz, 1 slice) Mashed Potatoes (G) IQF Green Beans (G) Fruit Cocktail		Sesame Pork Noodles Brown Rice (G) Asian Vegetable Blend (W) (USF #7328446) Fruit Cup Snickerdoodle Cookie	Arroz Con Pollo (4 oz Chicken) Brown Spanish Rice (O) IQF Cali Vegetable Blend (O) Chocolate Chip Cookie	Parmesan Cheese (0.5 TBSP) Whole Wheat Egg Noodles (O) IQF Vegetable Medley 5-Way (O) Chocolate Sea Salt Cookie	
Chicken and Wild Rice Soup (O) Green Beans (O) Dinner Roll and Butter Fruit Cocktail Chocolate Chip Cookie			Chicken and Tomato Stir Fry (W) White Rice (O) Sautéed Zucchini (G) Applesauce Oatmeal Breakfast Cookie	Southwest Turkey Taco Bowl (G-turkey) Black Beans and Rice (W?) Italian Vegetable Blend (G?) Fruit Cocktail		
Rosemary Chicken (3.2oz cooked) Brown and Wild Rice Pilaf (G) Roasted Yukon Potatoes (G) Beets (G) Lemon Bar			Vietnamese Style Chicken (2 Each) Brown Rice (G) IQF Broccoli (G) Applesauce Snickerdoodle Cookie	Chicken Enchilada Bake (1 Slice) IQF Corn (O) Fruit Cup Chocolate Chip Cookie		
Roast Turkey (4 oz) Chicken Gravy (B) Wheat Bread Stuffing (W) IQF Green Beans (O) Snickerdoodle Cookie				Beef Quesadilla Spanish Rice Corn Fruit Cup		

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