




		<p>1 Grilled Chicken Lasagna—4 oz. WG Breadstick—1 each Mixed Veggies—1/2 cup (FZ) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>2 Cheeseburger Casserole—4 oz. WG Garlic Bread—1 slice Green Beans—1/2 c (FZ) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>3 Turkey Hotdog—2 oz. WG Hot Dog Bun—1 each Garden Salad—1 cup (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>6 Beef Lasagna—4 oz. WG Breadstick—1 each Garden Salad—1 cup (FR) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>7 Baked Chicken—3oz. WG Honey Roll—1 each Glazed Carrots—1/2 c.(FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>8 Chicken Fajitas—4 oz. WG Tortilla—1 each Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>9 Cheeseburger—2 oz. WG Bun—1 each Roasted Potatoes—1/2 cup Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>10 Salisbury Steak—2 oz. WG Breadstick—1 each Mashed Potatoes—1/2 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>13 Sloppy Joey's—3 oz. Whole Wheat Bun—1 each Corn on the Cob—4 oz. (FZ) Apple—1 each (FR) Skim milk—8 fl. oz.</p>	<p>14 Beef Chili Mac—4 oz. (WG Macaroni Noodles) Baked Potato—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>15 Orange Chicken—1 thigh WG Honey Roll—1 each Carrots w/Ranch—1/2 cup (FR) Mandarin Oranges - 1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>16 BBQ Smoked Beef Sausage—1 each WG Bun—1 each Garden Salad—1 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>17 Beef Burrito Stack—4 oz. WG Spanish Rice—1/2 cup Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>20 Sweet N Sour Chicken—3 oz. WG Brown Rice—1/2 cup Garden Salad—1 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>21 Spaghetti w/ Meatsauce WG Spaghetti—1/2 c Beef—2 oz. Steamed Mixed Veggies—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>22 Buffalo chicken sandwich—4 oz. Wheat Bun—1 each Lettuce/tomato salad—4 oz. (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. Oz.</p>	<p>23 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>24 Chicken Cordon Bleu —4 oz. WG Penne Noodles—1/2 cup Chicken—2 oz. Garlic Bread—1 slice Green Beans —1/2 cup (FZ) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>
	<p>28 Beef Fajitas—4 oz. WG Tortilla—1 each Garden Salad—1 cup (FR) Oranges—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>29 Philly Cheese Sub—4 oz. Wheat Bun—1 each Broccoli &amp; Ranch —4 oz. (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. Oz.</p>	<p>30 Chicken Parm Bake—4 oz. Wheat Bun —1 each Steamed Veggies—1/2 cup (FZ) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>31 Chicken N Noodles—4 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Peaches—1/2 cup (CN) Skim Milk—8 fl. oz.</p>