



Meet Your Nutritious Friend:
Whistling Watermelon

Monday	Tuesday	Wednesday	Thursday	Friday	Daily Alternates
3 Grilled Cheese Sandwich FEATURED VEGGIES Carrots	4 Meatball Sub Sandwich FEATURED VEGGIES Green Beans	5 Bacon, Egg & Cheese on an English Muffin FEATURED VEGGIES Hash Browns	6 Hot Roast Beef Sandwich with Gravy FEATURED VEGGIES Lentils	7 Sal & Pat's Pizza Slice FEATURED VEGGIES Broccoli	Chicken Nuggets with Goldfish Crackers Sunbutter & Jelly Sandwich on Bread
10 Hot Ham & Cheese Sandwich FEATURED VEGGIES Carrots	11 Salisbury Steak with Gravy and a Dinner Roll FEATURED VEGGIES Broccoli	12 Waffles with Sausage FEATURED VEGGIES Hash Browns	13 Chicken Parmesan Sandwich FEATURED VEGGIES Lentils	14 Sal & Pat's Pizza Slice FEATURED VEGGIES Green Beans	All lunches include hot vegetable, canned fruit in light syrup, and choice of milk (1% white or fat-free chocolate)
17 Chicken Patty on a Bun FEATURED VEGGIES Carrots ADULT PROGRAM ONLY	18 Tuna Sandwich FEATURED VEGGIES Broccoli ADULT PROGRAM ONLY	19 Pancakes with Sausage FEATURED VEGGIES Hash Browns ADULT PROGRAM ONLY	20 Turkey & Cheese Sandwich FEATURED VEGGIES Black Beans ADULT PROGRAM ONLY	21 Sal & Pat's Pizza Slice FEATURED VEGGIES Green Beans ADULT PROGRAM ONLY	
24 Tuna Sandwich FEATURED VEGGIES Carrots ADULT PROGRAM ONLY	25 Spaghetti & Meatballs FEATURED VEGGIES Peas ADULT PROGRAM ONLY	26 Egg & Cheese on an English Muffin FEATURED VEGGIES Spinach ADULT PROGRAM ONLY	27 Chicken Nuggets with a Roll FEATURED VEGGIES Black Beans ADULT PROGRAM ONLY	28 Sal & Pat's Pizza Slice FEATURED VEGGIES Green Beans ADULT PROGRAM ONLY	
31 Cheeseburger on a Bun FEATURED VEGGIES Carrots ADULT PROGRAM ONLY					