

Week 3 – Hot Meal Options (Standard or Option 2)

| Meal Component | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
|----------------|-----------------|-----------------------------|---|-------------------------------|---------------------------------------|--|---|--|--------------------------------|--|-------------------------------|
| Entrée | Standard | Macaroni & Cheese | Chicken Breast w/ Chicken Gravy & Mashed Potatoes | Meatloaf w/ Marinara | Mushroom Ravioli w/ Marinara | Breaded Pollock w/ Tartar Sauce | Hamburger w/ Ketchup, Mayo, Onion, Lettuce, Tomato on Wheat Bun | Chicken Caesar Salad w/ Caesar Dressing | | | |
| | Option 2 | Garden Burger w/ Mayo | | | Tofu Taco's w/ Tortillas & White Rice | | | | ----- | | |
| | | | | | | | | | | ----- | |
| Sides | | California Mixed Vegetables | Crinkle Cut Carrots | Green Beans | <i>Standard</i> Peas & Carrots | <i>Option 2</i> Lettuce Cheese and Tomatoes | <i>Standard</i> Sliced Zucchini | <i>Option 2</i> Lettuce Cheese and Tomatoes | <i>Standard</i> Broccoli | <i>Option 2</i> Lettuce Cheese and Tomatoes | CROUTONS |
| | | Greek Broccoli Salad | Tossed Greens w/ Croutons & Italian Dressing | Three Bean Salad | Coleslaw | Coleslaw | Couscous Vegetable Salad | Coleslaw | Garbanzo Bean & Cucumber Salad | Coleslaw | Baby Carrots |
| | | Mini Naan Bread | Hawaiian Roll w/ Margarine | Whole Wheat Roll w/ Margarine | Whole Wheat Roll w/ Margarine | Tortillas | Whole Wheat Roll w/ Margarine | Tortillas | ----- | Tortillas | Whole Wheat Roll w/ Margarine |
| | | Fruit Cocktail | Pineapple Chunks | Unsweetened Applesauce | Mandarin Oranges | Mandarin Oranges | Tropical Fruit Salad | Mandarin Oranges | Cottage Cheese w/ Peaches | Mandarin Oranges | Strawberry Applesauce |
| Milk | | 2% Milk | 2% Milk | 2% Milk | 2% Milk | | 2% Milk | | 2% Milk | | |

