

Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Indian Mattar Paneer	Fire Grilled Steak Bowl	Chicken Enchilada Bake	MI Chicken Cherry Salad w/ Italian Dressing
Side	1			Basmati Rice (<i>frozen meal</i>)	White Rice (frozen meal)		
Vegetable	Peas & Carrots	Corn	Southwest Vegetables (frozen meal)	Curried Peas & Tomatoes (<i>Frozen meal</i>)	Fajita Vegetables (frozen meal)	Southwest Vegetables (frozen meal)	V8 Juice
Salad	Cucumber Salad	Coleslaw	Fresh Vegetable Salad	Three Bean Salad	Cottage Cheese	Beet & Chickpea Salad	Cottage Cheese
Fruit	Clementine	Pineapple Chunks	Mandarin Oranges	Apple Slices	Diced Peaches	Cottage Cheese w/ Pineapple	Fresh Orange
Snack	String Cheese	White Cheddar Popcorn	Roasted Almonds	Mixed Berry Yogurt	Tropical Fruit Salad	Strawberry Yogurt	Roasted Almonds
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Meal 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Chicken Enchilada Bake	Fire Grilled Steak Bowl	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Macaroni & Cheese	
Side		White Rice (frozen meal)					
Vegetable	Southwest Vegetables (frozen meal)	Fajita Vegetables (frozen meal)	Broccoli & Carrots	Peas	Southwest Vegetables (frozen meal)	Fresh Vegetable Salad	
Salad	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Fresh Cut Vegetables w/ Ranch	Cucumber Salad	Greek Broccoli Salad	Beet Chickpea Salad	
Fruit	Seasonal Apple	Grapes	Grapes	Banana	Diced Pears	Clementine	
Snack	Vanilla Pudding	Blueberry Yogurt	String Cheese	Strawberry Applesauce	Greek Strawberry Yogurt	White Cheddar Popcorn	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	



Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Fire Grilled Steak	Vegetable	Macaroni &	Black Bean	Chicken	Black Bean	Mediterranean
Entree	Bowl	Burrito Bowl	Cheese	Enchilada	Enchilada Bake	Enchilada	Quinoa Salad
Side	White Rice						
Olde	(frozen meal)						
	Fajita Vegetables			Southwest	Southwest	Southwest	Cucumbers &
Vegetable	(frozen meal)	Corn	Sliced Carrots	Vegetables	Vegetables	Vegetables	Grape Tomatoes
	(Irozen meai)			(frozen meal)	(frozen meal)	(frozen meal)	w/ salad
	Tossed Greens			Cucumber &	Garbanzo Bean	Fresh	Cucumber &
Salad	w/ Italian	Cottage Cheese	Coleslaw	Tomatoes w/	& Cucumber	Vegetable	Garbanzo Salad
	Dressing			Italian Dressing	Salad	Salad	Garbarizo Salau
Fruit	Fruit Cocktail	Tropical Fruit	Eroch Apple	Mandarin	Clementine	Unsweetened	Fresh Apple
Fruit	Fruit Cocktail	Salad	Fresh Apple	Oranges	Clementine	Applesauce	Fresh Apple
	Chocolate	Mixed Berry	Greek	Tostitos Corn	Cottage Cheese	White Cheddar	Roasted
Snack	Pudding	Yogurt	Strawberry	Chips	w/ peaches	Popcorn	Almonds
	i dddiilg	roguit	Yogurt	Orlips	vv/ pcacifics	Торсон	7 111101103
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Meal 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Indian Mattar	Chicken	Fire Grilled	Vegetable	Indian Mattar	Vegetable	
Entree	Paneer	Enchilada Bake	Steak Bowl	Burrito Bowl	Paneer	Burrito Bowl	
Side	Basmati Rice		White Rice		Basmati Rice		
Side	(frozen meal)		(frozen meal)		(frozen meal)	-	
	Curried Peas &	Southwest	Fajita		Curried Peas &	Stir Fry	
Vegetable	Tomatoes	Vegetables	Vegetables	Peas & Carrots	Tomatoes	Vegetables w/	
	(Frozen meal)	(frozen meal)	(frozen meal)		(Frozen meal)	Carrots	
Salad	Cottage Cheese	Garbanzo Bean & Cucumber Salad	Cucumber Salad	Fresh Cut Vegetables	Coleslaw	Greek Broccoli Salad	
Fruit	Banana	Strawberry Applesauce	Clementine	Seasonal Fresh Fruit	Banana	Orange Juice Box	
Snack	Roasted Almonds	String Cheese	Cottage Cheese	Low-fat Vanilla Yogurtf	String Cheese	Blueberry Yogurt	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	



Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Chicken Enchilada Bake	Fire Grilled Steak Bowl	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Indian Mattar Paneer	Chicken Caesar Salad w/Caesar Dressing
Side	1	White Rice (frozen meal)	1			Basmati Rice (frozen meal)	
Vegetable	Southwest Vegetables (frozen meal)	Fajita Vegetables <i>(frozen meal)</i>	Green Beans	Peas & Carrots	Southwest Vegetables (frozen meal)	Curried Peas & Tomatoes (frozen meal)	Baby Carrots
Salad	Greek Broccoli Salad	Tossed Greens w/ Italian Dressing	3 Bean Salad	Coleslaw	Cottage Cheese	Garbanzo Bean & Cucumber Salad	Coleslaw
Fruit	Fruit Cocktail	Pineapple Chunks	Seasonal Fruit	Mandarin Oranges	Tropical Fruit Salad	Banana	Strawberry Applesauce
Snack	String Cheese	Roasted Almonds	Unsweetened Applesauce	Roasted Almonds	Vanilla Yogurt	Cottage Cheese w/ Pineapple	White Cheddar Popcorn
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Meal 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Macaroni &	Black Bean	Mediterranean	Fire Grilled	Vegetable	Fire Grilled	
Entree	Cheese	Enchilada	Quinoa Salad	Steak Bowl	Burrito Bowl	Steak Bowl	
Side				White Rice		White Rice	
Side		-		(frozen meal)		(frozen meal)	
	California Mixed	Southwest	Cucumbers &	Fajita		Fajita	
Vegetable	Vegetables	Vegetables	Grape Tomatoes	Vegetables	Sliced Zucchini	Vegetables	
	vegetables	(frozen meal)	(w/ salad)	(frozen meal)		(frozen meal)	
	Fresh Vegetable	Beet Chickpea	Garbanzo Bean	Greek Broccoli	Cucumber &		
Salad	Salad	Salad	& Cucumber	Salad	Grape Tomatoes	Coleslaw	
	Jalau	Jalau	Salad	Jalau	w/ Ranch Dressing		
Fruit	Fresh Orange	Diced Peaches	Banana	Seasonal Apple	Grapes	Seasonal Apple	
Snack	Vanilla Dudding	Pudding Cottage Cheese	Vanilla Yogurt	Strawberry	String Chasses	Blueberry	
				Yogurt	String Cheese	Yogurt	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	



Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Indian Mattar	Chicken	Fire Grilled	Vegetable	Macaroni &	Vegetable	Mediterranean
Lilliee	Paneer	Enchilada Bake	Steak Bowl	Burrito Bowl	Cheese	Burrito Bowl	Quinoa Salad
Side	Basmati Rice		White Rice	White Rice		White Rice	
Olde	(frozen meal)		(frozen meal)	(frozen meal)		(frozen meal)	
	Curried Peas &	Southwest	Fajita	Fajita	Fresh Vegetable	Fajita	Cucumbers & Grape
Vegetable	Tomatoes	Vegetables	Vegetables	Vegetables	Salad	Vegetables	Tomatoes
	(Frozen meal)	(frozen meal)	(frozen meal)	(frozen meal)	Galad	(frozen meal)	(w/ salad)
				Tossed Greens		Cucumber	
Salad	Cottage Cheese	Fiesta Coleslaw	3 Bean Salad	w/ Italian Dressing	Cottage Cheese	Salad	Cottage Cheese
Fruit	Apple Slices	Unsweetened	Mandarin	Unsweetened	Pineapple	Tropical Fruit	Diced Peaches
Truit	Apple offices	Applesauce	Oranges	Applesauce	Chunks	Salad	Diccu i caciles
Snack	Roasted Almonds	Cottage Cheese w/ Pineapple	Greek Strawberry Yogurt	Vanilla Yogurt	Roasted Almonds	String Cheese	Strawberry Yogurt
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Meal 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Vegetable Burrito Bowl	Macaroni & Cheese	Black Bean Enchilada	Indian Mattar Paneer	Fire Grilled Steak Bowl	Chicken Enchilada Bake	
Side				Basmati Rice (frozen meal)	White Rice (frozen meal)		
Vegetable	Coleslaw	California Mixed Vegetables	Southwest Vegetables (frozen meal)	Curried Peas & Tomatoes (<i>Frozen meal</i>)	Fajita Vegetables (frozen meal)	Southwest Vegetables (frozen meal)	-
Salad	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Italian Dressing	Beet & Chickpea Salad	Coleslaw	Garbanzo Bean & Cucumber Salad	Fresh Cut Vegetables	
Fruit	Clementine	Seasonal Apple	Grapes	Apple Slices	Banana	Grape Juice Box	
Snack	String Cheese	Roasted Almonds	Tostitos Corn Chips	String Cheese	Chocolate Pudding	Tostitos Corn Chips	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	