

**Week 1 Lunch and Dinner**

<b>Thursday</b>		<b>Friday</b>		<b>Saturday</b>		<b>Sunday</b>	
<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>	
T. Salami	2 ozw	Home-Style Scalloped Potatoes (2 oz diced meat/1 c veggies)	10 ozw	T. Ham & Pinto Beans (2 oz diced meat/3/4 cup beans)	10 ozw	American Goulash (2 oz gd meat)	10 ozw w/ 2 oz gd meat
Mustard	1 packet	Garden Salad	1/2 cup	Rice LF	1 cup	Pinto Beans	1 cup
Wheat Bread	2 slices	LF Salad Dressing	1/2 fl oz	Cabbage LF	1/2 cup	Southern Cornbread	1/54 cut
Macaroni Salad LF/LS	1 cup	Bakery Biscuit	1/54 cut	Southern Cornbread	1/54 cut	Whipped Margarine	1/3 ozw
Kettle Blend Mixed Vegetables LF	1/2 cup	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Sandwich Cookies	2 each
Sandwich Cookies	2 each	Sandwich Cookies	2 each	Sandwich Cookies	2 each	Fruit Drink w/C	1 cup
Fruit Drink w/C	1 cup	Fruit Drink w/C	1 cup	Fruit Drink w/C	1 cup		
Halal: Replace T. Salami w/Tuna	2 ozw	Halal Scalloped Potatoes w/beef Patty	1 pattie	Halal: Replace T.Ham & Pinto Beans w/ Beans and cabbage	1.5c beans & 1 c cabbage	Halal: Replace American Goulash w/ Halal Goulash	10 ozw w/ 2 oz gd meat
<b>Dinner</b>		<b>Dinner</b>		<b>Dinner</b>		<b>Dinner</b>	
Peppery Picadillo (2 oz gd meat)	10 ozw	Crispy Chicken Pattie	4 ozw	Roast Turkey	2 ozw	Baked Meatloaf	3 ozw
Peas & Carrots LF	1/2 cup	Spanish Rice LF	1 cup	Gravy LF/LS	3 fl oz	Gravy LF/LS	3 fl oz
Garden Salad	1/2 cup	Coleslaw Vinaigrette	1/2 cup	Parsley Potatoes LF	3/4 cup	Rice	1 cup
LF Salad Dressing	1/2 fl oz	Wheat Bread	2 slices	Green Beans LF	1/2 cup	Carrots LF	1/2 cup
Southern Cornbread	1/54 cut	Whipped Margarine	1/3 ozw	Fresh Baked Wheat Roll	2 ozw	Garden Salad	1/2 cup
Margarine	1/3 ozw	Fruity Oatmeal Bar	1/54 cut	Whipped Margarine	1/3 ozw	LF Salad Dressing	1/2 fl oz
Iced Cake	1/54 cut	Sweetened Tea	1 cup	Iced Cake	1/54 cut	Bakery Biscuit	1/54 cut
Sweetened Tea	1 cup			Sweetened Tea	1 cup	Whipped Margarine	1/3 ozw
						Frosted Brownie	1/54 cut
						Sweetened Tea	1 cup
Halal: Replace Picadillo w/beef patty and potatoes	10 ozw	Halal: Replace Crispy Chicken w/Halal Chicken	4 ozw	Halal: Replace roast turkey w/halal chicken nuggets	4 each	Halal: Replace Meatloaf w/Beef Patty	1 each